

Ἦχος α΄.
Δευτέρα
Στιχηρὸν Α΄.

Τὰ πάντα παρήγαγες, τῷ σῶ, Λόγω καὶ
τῷ Πνεύματι, δι’ ἀγαθότητα Κύριε· εἶτα
πεποίηκας, λογικόν με ζῶον, ἵνα σου τὸ ἅγιον,
δοξάζω Παντοδύναμε ὄνομα· ἐγὼ δὲ μάλιστα,
τοῖς αἰσχροῖς μου ἔργοις πάντοτε, ἀτιμάζω,
ἀλλὰ φεῖσαι δέομαι.

Στιχηρὸν Β΄.

Γνωθὶ σου ταλαίπωρε ψυχή, τὴν θεῖαν
εὐγένειαν, καὶ τὴν πατρίδα τὴν ἄφθαρτον,
καὶ σπεῦδε πάντοτε, ἀγαθοεργίαις, ταύτην
καταλήψασθαι· μηδέν σε τῶν φθαρτῶν
προσηλώσειε, τῆς ἄνω μοίρας εἶ, τὸ δὲ σῶμα
γῆ, καὶ φθείρεται· μὴ νικήσῃ τὸ χεῖρον τὴν
κρείττονα.

Στιχηρὸν Γ΄.

Δεῦρο παναθλία μου ψυχή, πρὸς τὸν
Ὑπεράγαθον, θερμοῖς τοῖς δάκρυσιν πρόσελθε,
τὰ πεπραγμένα σοι, πρὸ τῆς κρίσεώς σου,
πάντα ἐξαγόρευσον, καὶ ἵλεων τὸν Κτίστην
ταλαίπωρε, σαυτῇ ἀπέργασαι, καὶ συγχώρησιν
ἐξαίτησαι, πρὶν τὴν θύραν κλείσῃ σοι ὁ
Κύριος.

Στιχηρὸν Δ΄.

Ἀσώματοι Ἄγγελοι Θεοῦ, θρόνῳ
παριστάμενοι, καὶ ταῖς ἐκεῖθεν ἐλλάμψεσιν
καταστραπτόμενοι, καὶ φωτοχυσίαις αἰωνίως
λάμποντες, καὶ φῶτα χρηματίζοντες δεύτερα,

Mode 1.
Monday
Sticheron 1.

O Lord, in Your goodness by Your Word
* and Your Spirit You brought forth all things,
and then You created me the living being
whom * You endowed with reason * so that I
should glorify * Your holy name, O Master all-
powerful. And yet instead, alas! * I dishonor
You continually * with my foul deeds. * O
spare me, I supplicate.

Sticheron 2.

Come to know, O miserable soul, * your
divine nobility and incorruptible fatherland,
and hasten constantly, * through good deeds
and virtues, * to possess it once again. *
Become attached to nothing corruptible. Your
lot is there on high, * but your body, being
earth, decays. * Let the worse not * prevail
over the better part.

Sticheron 3.

Sticheron 4.

O bodiless Messengers of God, * you
stand near His throne on high, * from there
receiving the flashes of divine and brilliant
light, * eternally glowing * with with the
uncreated light, * and thus you have become
secondary lights. * Please intercede with Christ

Χριστῷ πρεσβεύσατε, δωρηθῆναι ταῖς ψυχαῖς
ἡμῶν, τὴν εἰρήνην καὶ τὸ μέγα ἔλεος.

Στιχηρὸν Ε΄.

Ἀθάνατοι Ἄγγελοι ζωὴν, ὄντως τὴν
ἀνώλεθρον, παρὰ τῆς πρώτης δεξάμενοι, ζωῆς
πανόλβιοι, αἰδίου δόξης, καὶ σεπτοὶ θεάμονες,
σοφίας αἰδίου γεγόνατε, φωτὸς πληρούμενοι
καὶ λαμπάδες συστρεφόμεναι, ἀρμοζόντως,
ἐπαναδεικνύμενοι.

Στιχηρὸν Ϛ΄.

Ἀρχάγγελοι, Ἄγγελοι, Ἀρχαί, Θρόνοι,
Κυριότητες, τὰ Σεραφεῖμ ἐξαπτέρυγα, καὶ
πολύομματα, Χερουβεῖμ τὰ θεῖα, τῆς σοφίας
ὄργανα, Δυνάμεις, Ἐξουσίαι θειόταται,
Χριστῷ πρεσβεύσατε, δωρηθῆναι ταῖς ψυχαῖς
ἡμῶν, τὴν εἰρήνην καὶ τὸ μέγα ἔλεος.

Ἦχος α΄.

Τρίτη

Στιχηρὸν Α΄.

Ἀμαρτημάτων πελάγει περιαντλούμενος,
καὶ ἐν βυθῷ πταισμάτων, συνεχόμενος ὅλως,
βοῶ σοι τῷ Δεσπότη· Τῶν χαλεπῶν, καὶ
ποικίλων με λύτρωσαι, πειρατηρίων τοῦ βίου,
καὶ τοῦ πυρὸς τοῦ ἀσβέστου, Ὑπεράγαθε.

Στιχηρὸν Β΄.

Βεβυθισμένος ὑπάρχων ἐξ ἀπογνώσεως,
καὶ πονηρίας πλήρης, λογισμῶν ἐναντίων,
πρὸς σέ μου τὰς ἐλπίδας, Λόγε Θεοῦ,

* and beseech Him that He grant our souls *
His surpassing * peace and His great mercy.

Sticheron 5.

O Angels, immortal as you are, * having
now indeed received * the life of glory eternal
that is indestructible * from God who is first
life, * you are seers who behold * the Wisdom
that abides to eternity; * and being filled with
light * you are properly described to be *
blazing torches, * united with hosts on high.

Sticheron 6.

O Angels, Archangels and the Thrones,
* Powers and Authorities, and you, O six-
winged Seraphim, and many-eyed divine *
instruments of wisdom * Cherubim, and most
divine Dominions, and sublime Principalities:
Please intercede with Christ * and beseech
Him that He grant our souls * His surpassing *
peace and His great mercy.

Mode 1.

Tuesday

Sticheron 1.

I am engulfed by the ocean of my
iniquities, * and overwhelmed completely *
by the sea of transgressions. * I cry to You the
Master: Deliver me * from the various difficult
* trials of life and temptations, O gracious
Lord, * and the fire that will never end.

Sticheron 2.

Being immersed in the deep of despair and
hopelessness, * replete with thoughts of evil
* and with negative feelings, * in You alone,
O Logos of God, have I * the most wretched
one set my hopes. * From the assaults of my

ἀνεθέμην ὁ ἄθλιος, ἀπὸ ἐχθρῶν ἀοράτων, καὶ ὁρατῶν, ἐπιθέσεώς με λύτρωσαι.

Στιχηρὸν Γ'.

Κατοικτειρήσας ὁ Κτίστης ἅπαν τὸ ποίημα, διὰ φιλανθρωπίας, καὶ ἀφάτου πτωχείας, ὁ αἴρων τὴν τοῦ κόσμου, Λόγε Θεοῦ, ἁμαρτίαν ὡς εὐσπλαγχνος, ἄρον κἀμοῦ τὸ φορτίον, καὶ τὸν κλοιόν, τὸν βαρύτατον ἐλάφρυνον.

Στιχηρὸν Δ'.

Προφῆτα θαυμάσιε Χριστοῦ, Βαπτιστὰ καὶ Πρόδρομε, τὴν ξηρανθεῖσαν καρδίαν μου, τοῖς ἀτοπήμασι, ποταμοὺς δακρύων, ἀενάως ποιήσον, προχέειν δυσωπῶ σε πρεσβείαις σου, ὅπως σφζόμενος, διὰ σοῦ ὁ πολυώδυνος, μεγαλύνω τὸν σὲ μεγαλύναντα.

Στιχηρὸν Ε'.

Προφῆτα μακάριε πρὸς σέ, τὰς ἐλπίδας πάσας μου, καὶ τὴν ζωὴν ἀνατίθημι, τῆς προσδοκίας μου, ὁ Χριστὸν βαπτίσας, Ἰησοῦν τὴν ἄβυσσον, τὸν αἴροντα τοῦ κόσμου τὰ πταίσματα, τοῦτον ικέτευε, Ἰωάννη τὴν καρδίαν μου, δυσωπῶ σε, καθᾶραι καὶ σῶσαί με.

Στιχηρὸν Ϛ'.

Ὁ κήρυξ τῆς χάριτος Χριστοῦ, ὁ πᾶσι μετάνοιαν, προκαταγγείλας τοῖς ἔθνεσι, τὴν παναθλίαν μου, καὶ πεπωρωμένην, ψυχὴν, θεῖε Πρόδρομε, προσμένειν μετανοία εὐόδωσον, καὶ τὰ θελήματα, τοῦ Κυρίου πράττειν πάντοτε, ἵνα πίσται καὶ πόθῳ δοξάζω σε.

visible and unseen * vicious enemies deliver me.

Sticheron 3.

O Baptist and Forerunner of Christ, * I implore you fervently. * By your entreaties induce my heart that has been withered up * through unseemly conduct, * to incessantly pour out * a stream of tears, O wonderful Prophet John; that having gained through you * my salvation, I who am distressed * may give glory * to Him who has glorified you.

Sticheron 5.

Sticheron 6.

Ἦχος α΄.
Τετάρτη
Στιχηρὸν Α΄.

Παλάμας ἀχράντους σου Χριστέ, ξύλου
ἤπλωσας, καὶ τοὺς δακτύλους ἡμάτωσας,
θέλων λυτρώσασθαι, τῶν θείων χειρῶν σου,
τὸ ἔργον φιλόανθρωπε, Ἀδὰμ τὸν παραβάσει
κρατούμενον, εἰς τὰ βασίλεια, τοῦ θανάτου, ὃν
καὶ ἡγείρας, ἐξουσία τῇ παντοδυνάμῳ σου.

Στιχηρὸν Β΄.

Σταυρῷ προσηλούμενος Χριστέ, ὁ Θεὸς
ὡς ἄνθρωπος, ἀνθρώπων φύσιν ἐθέωσας,
καὶ τὸν ἀρχέκακον, θανατώσας ὄφιν, ἡμᾶς
ἠλευθέρωσας, ἀρᾶς τῆς ἐκ τοῦ ξύλου ὡς
εὐσπλαγχνος, ἀρὰ γενόμενος, καὶ τῷ Κόσμῳ
παρεχόμενος, εὐλογία, καὶ τὸ μέγα ἔλεος.

Στιχηρὸν Γ΄.

Ὁ πάσης ἐπέκεινα τιμῆς, χρηματίζων
Δέσποτα, ἀτιμασθῆναι ἠυδόκησας, τὸν
ἐπονείδιστον, ὑποστὰς Οἰκτίρμον, ἐν τῷ ξύλῳ
θάνατον, δι' οὗ ἀθανασία ἐτύγχευσε, γένος
ἀνθρώπινον, καὶ ζωὴν τὴν πρὶν ἀπείληφε, σοῦ
θανόντος, σαρκὶ παντοδύναμε.

Στιχηρὸν Δ΄.

Ὁδύνης με λύτρωσαι πικρᾶς, τῶν ποδῶν
μου Πάναγνε, καὶ τῶν γονάτων παρέσεως,
ἄρθρων τε θραύσεως, καὶ ἀρμῶν χειρῶν τε,
καὶ ποδῶν ἐκλύσεως, καὶ βλάβης διαφόρων
ῥευμάτων δέ, ἐν πᾶσι τούτοις με, ἀκηλίδωτον

Mode 1.
Wednesday
Sticheron 1.

You stretched out Your undefiled hands *
on the Cross, O Christ our God, * and stained
your fingers with blood, thus wishing to
redeem the work * of Your own divine hands,
* Adam who was being held * a hostage in the
kingdom of death because of disobedience; *
and You raised him in Your love for man, * by
Your sovereign * almighty authority.

Sticheron 2.

O Christ, You were nailed unto the Cross *
as a man, and yet as God * You deified human
nature; and when You had put to death * the
arch-evil serpent, * You released us from the
curse * that issued from the tree, for You had
yourself become a curse, O Lord; * and You
grant Your blessing to the world * and great
mercy, * for You are compassionate.

Sticheron 3.

Sticheron 4.

φυλάττουσα, ἐν ἀγάπῃ, τοῦ Θεοῦ καὶ πλάστου μου.

Στιχηρὸν Ε΄.

Ἐπέκυψα πάθεσι δεινοῖς, ὁ δεινὸς καὶ πέπραχα, αἰσχύνῃς ἔργα πανάσωτα, ἐξ ὧν καὶ ἔτι νῦν, φαντασίαι τούτων, καὶ αἰσχρὰ μὲ εἶδωλα, κλονοῦσιν, ἀλλοιοῦσι, καὶ τρέπουσι, πρὸς ἡδυπάθειαν, τῶν αὐτῶν ἐν τῇ αἰσθήσει μου, τῆς καρδίας, ἀλλὰ σύ με σῶσον, Ἀγνή.

Στιχηρὸν Ϛ΄.

Ὁ βίος μου, Πάναγνε, πολλῶν, πειρασμῶν ἀνάπλεως, ἐκ τῶν πολλῶν κακῶν γέγονεν, ὧν ἐπλημμέλησα, ἀλλὰ σὺ κἀκείνων, καὶ τούτων με λύτρωσαι, καὶ δός μοι νῦν καὶ βίον ἀπρόσκοπον, καὶ λόγον σώφρονα, ἵνα πίσται μακαρίζω σε, καὶ δοξάζω τὸ θεῖόν σου ὄνομα.

Ἦχος α΄.

Πέμπτη

Στιχηρὸν Α΄.

Ἀπόστολοι ἑνδοξοὶ Χριστοῦ, μαθηταὶ θεόκλητοι, τῆς οἰκουμένης διδάσκαλοι, εὐρόντες Κύριον, τὸν Θεοῦ μεσίτην, καὶ ἀνθρώπων πέλοντα, αὐτῷ θεοπρεπῶς ἐκολλήθητε, καὶ ὡς Θεὸν αὐτόν, καὶ ὡς ἄνθρωπον παντέλειον, ἐν τῷ κόσμῳ σαφῶς ἐκηρύξατε.

Στιχηρὸν Β΄.

Ἀπόστολοι πάνσοφοι ψυχῆς, τῆς ἐμῆς τὴν ἄνοιαν, ἀποτινάξαι πρεσβεύσατε, ὡς χρηματίσαντες, τῆς σοφίας ὄντως, μύσται καὶ ἐκφάντορες, τὸ φῶς τοῦ Παρακλήτου

Sticheron 5.

To terrible passions I succumbed; * for, being a terrible * delinquent, I had committed deeds most shameful and depraved. * And the lurid idols * of these acts and fantasies * within my sensing heart still unsettle me and alter me and turn * my volition towards enjoyment of * sinful pleasure. * But save me, O Virgin pure.

Sticheron 6.

Mode 1.

Thursday

Sticheron 1.

O glorious Apostles of Christ * and Disciples called by God, inspired teachers of all the world, when you had found the Lord * as the mediator between God and man, you cleaved * to Him in such a manner appropriate to His divinity. * And you preached Him to the universe * to be God and * manifestly perfect man.

Sticheron 2.

O wisest Apostles of the Lord, * intercede on my behalf, * that I might shake off the mindlessness of my bedarkened soul. * You indeed are wisdom's * mystics and

ἀνάψαντες, καὶ καταπρήσαντες, τὸ σαθρὸν τῆς
διανοίας μου, μακαρίζειν ὑμᾶς ἀξιώσατε.

Στιχηρὸν Γ'.

Θεόπται Ἀπόστολοι ψυχὴν, τὴν ἐμὴν
φωτίσατε, ἐσκοτισμένην τοῖς πάθεσιν, οἱ
τὸν περίγειον, διδαχαῖς ἐνθέοις, κόσμον
καταυγάσαντες, καὶ σκότος τῶν εἰδώλων
μειώσαντες, καὶ νῦν πρεσβεύσατε, δωρηθῆναι
ταῖς ψυχαῖς ἡμῶν, τὴν εἰρήνην καὶ τὸ μέγα
ἔλεος.

Στιχηρὸν Δ'.

Τῆς Ἐκκλησίας τὰ ἄνθη περιϋπτάμενος,
ὡς νεοσσὸς τῆς ἁνῶ, καλιᾶς τῶν Ἀγγέλων,
Νικόλαε τρισμάκαρ, κράζεις ἀεὶ, πρὸς τὸν
Θεὸν ὑπὲρ πάντων ἡμῶν, τῶν ἐν ἀνάγκαις
κινδύνων καὶ πειρασμῶν, καὶ λυτροῦσαι ταῖς
πρεσβείαις σου.

Στιχηρὸν Ε'.

Τῶν ἀθεάτων τὰ κάλλη περιερχόμενος,
τὴν φοβερὰν ἀγίων, κατενόησας δόξαν,
Ἅγιε ἐκείνην· ὅθεν ἡμῖν, τὰ οὐράνια λόγια,
τῶν ἀειζῶν ἐκείνων θεωριῶν, ἐμφανίζεις
ιερώτατε.

Στιχηρὸν Ϛ'.

Τῆς ἱερᾶς διπλοΐδος τὴν ὠραιότητα, ταῖς
πρακτικαῖς εἰργάσω, ἀρεταῖς λαμπροτέραν,
Πάτερ θεοφόρε· ὅθεν ἡμῖν, ἱεουργεῖς τὰ
τεράστια, τῶν ἀοιδίμων ἐκείνων θεωριῶν, τῶν
δεινῶν ἡμᾶς λυτρούμενος.

interpreters; * for you have lit the light of
the Paraclete. And once you burn away * the
corruption that is in my mind, * count me
worthy * to praise you and call you blest.

Sticheron 3.

Sticheron 4.

As you are hovering over the flowers of
the Church, * being yourself a fledgling * of
the nest of the Angels, * O Nicholas thrice
blessed, you ever cry * unto God on behalf of
all * who in temptations and perils invoke your
aid; * and you rescue them by fervent prayers.

Sticheron 5.

Sticheron 6.

**Ἦχος α΄.
Παρασκευὴ
Στιχηρὸν Α΄.**

Εὐλῶ τὸ πρὶν ὁ Προπάτωρ, θανάτου
γεύεται, ξύλῳ δὲ νῦν τιμῶ, πᾶς πιστὸς
ἐκλυτροῦται, θανάτου καταδίκης, πᾶσα πνοή,
ἀνυμνοῦντες δοξάσωμεν, τὸν σταυρωθέντα
βουλήσει ὑπὲρ ἡμῶν, καὶ φωτίσαντα τὰ
πέρατα.

Στιχηρὸν Β΄.

Πεπωρωμένος καρδίαν, καὶ λογισμοῖς
πονηροῖς, ἀπεγνωσμένος ὅλος, καὶ
κατακεκριμένος, ὑπάρχων ἐκβοῶ σοι·
Λόγε Θεοῦ, τὰ κρυφῇ μοι ἐγκλήματα,
καὶ τὰς ἀτάκτους κινήσεις τῶν λογισμῶν,
καταπράυνον ὡς εὖσπλαγχνος.

Στιχηρὸν Γ΄.

Ἐν τῷ Σταυρῷ σου Οἰκτίρμον, Χριστέ
καυχώμεθα, καὶ ἐν αὐτῷ τὴν πλάνην, τοῦ
ἐχθροῦ ἐκπορθοῦντες, ὑμνοῦμέν σε ἀπαύστως,
ὅτι ἡμῶν, τὸ σωτήριον Εὖσπλαγχνε, τῆς γῆς ἐν
μέσῳ εἰργάσω ὡς ἀγαθός, ἐκουσίως ὑψωθείς
ἐν αὐτῷ.

Στιχηρὸν Δ΄.

Σὲ σωτηρίαν μου πάντοτε, ἐπιγράφομαι,
ἐν σοὶ θαρρῶ σωθῆναι, παναγία Παρθένε,
ἐκ πάσης οὖν με βλάβης, φθορᾶς καὶ παθῶν,
ἀνελπίστου κακίας τε, καὶ ἐξαιρέτως ἐκ
γνώμης ἀνηλεοῦς, φιλαργύρου τε ἐξάρπασον.

Στιχηρὸν Ε΄.

Ἐπικαλοῦμαι σε πάλιν, Παρθένε
Δέσποινα, κατὰ τοῦ πάθους τούτου, τῆς

**Mode 1.
Friday
Sticheron 1.**

Then did the forefather taste death at the
forbidden tree; * but now are all believers *
freed from death's condemnation * by the Tree
of honor. O every breath, * let us glorify and
extol * Him who was willingly crucified for
our sake * and enlightened all the ends of the
earth.

Sticheron 2.

Sticheron 3.

O most compassionate Master, we all take
pride in Your Cross; * and thereby devastating
* the delusion of Satan, * we ceaselessly
extol You; for on the Cross * You were lifted
up willingly, * and thus You wrought our
salvation, O gracious Lord, * in the middle of
the earth, O Christ.

Sticheron 4.

Sticheron 5.

All-holy Virgin and Lady, I now invoke
you again * against this fearsome passion, *

φιλοχρηματίας· καὶ γὰρ θηρὸς ἀγρίου αὐτῆς
τὰς ὁρμάς, ἀληθῶς πλέον δέδοικα· φιλαργυρία
γὰρ πράγμασι καὶ μικροῖς, φειδομένοις τούτων
κρίνεται.

Στιχηρὸν Ζ΄.

Ἰλαρωτάτη προθέσει, καὶ διαθέσει χρηστῇ,
πρὸς τοὺς πτωχοὺς καὶ ξένους, καὶ πενήτων
τὰ πλήθη, ὁρᾶν με καθ' ἐκάστην, ἰσχὺν
κραταιάν, Θεοτόκε χορήγησον, ἀκτημοσύνην
ἀσπάσασθαι τῷ Θεῷ, οἰκειῶσαι δυναμένην με.

Ἦχος α΄.

Σάββατον

Στιχηρὸν Α΄.

Εὐλοῦ βρώσει τέθηκα ποτέ, συμβουλίᾳ
ὄφεως, συνεπαρθεὶς καὶ ἐξόριστος, τῆς θείας
δόξης σου, γεγονὼς ὁ τάλας· διὸ τεθανάτωμαι,
ὕπὸ τῆς ἁμαρτίας ὁ δαίλιος· λοιπὸν
Φιλάνθρωπε, σὺ ὡς μόνος εὐδιάλλακτος,
Παραδείσου, οἰκήτορα ποίησον.

Στιχηρὸν Β΄.

Πάντα καταλείψασα ψυχὴ, ἐννοοῦ τὴν
ᾠραν σου, τὴν τελευταίαν καὶ πρόσεχε,
σαυτῇ, πρὸς ἔξοδον, ἐτοιμαζομένη, ὅπως μὴ
αἰφνίδιος, ἐλθὼν σε καταλάβῃ ὁ θάνατος,
εὐρὼν ἀνέτοιμον· τῷ Κυρίῳ οὖν ἀείποτε,
γρηγοροῦσα, προσεύχου καὶ δάκρυε.

Στιχηρὸν Γ΄.

Νέκρωσον τὸ φρόνημα παθῶν, τῶν
παρενοχλούντων με, καὶ τὰς ἀτάκτους κινήσεις
μου, Θεὲ προάναρχε, θεία ἐξουσία, πράϋνον
ὡς εὐσπλαγχνος, παρέχων μοι πταισμάτων
τὴν ἄφεσιν, ὡς εὐδιάλλακτος, ὡς οἰκτίρμων

the desire for money. * For truly I am fearful
of its attacks * more than those of a wild beast,
* since it is counted as avarice unto them *
who begrudge even the smallest things.

Sticheron 6.

Mode 1.

Saturday

Sticheron 1.

Sticheron 2.

Withdrawing from everything, my soul,
* hold within your memory * your final hour,
and be vigilant, and ever be prepared * for
your own departure; * lest, arriving suddenly
* and finding you unready, your death might
come and take you by surprise. * So be
watchful, and unceasingly * to the Lord pray, *
and pour out a stream of tears.

Sticheron 3.

Fortify, O pre-eternal God, * the mind-set
agreeing with * the carnal passions perturbing
me; and by divine command, * quiet the
unruly * movements in my flesh; and grant *
forgiveness of my sins, inasmuch as You are

καὶ φιλόανθρωπος, διὰ πλοῦτον, τῆς σῆς ἀγαθότητος.

Στιχηρὸν Δ'.

Ἀγία Θεόνυμφε ἀγνόν, σεμνόν με καὶ σώφρονα, πρᾶον ἡσύχιον κόσμιον, εὐθὺν καὶ ὄσιον, ἀληθῆ ἀνδρεῖον, φρόνιμον μακρόθυμον, χρηστὸν ἐπιεικῇ τε καὶ μέτριον, ἄμεμπτον ἄμωμον, ἀνεπίληπτόν τε ποιήσον, καὶ πρὸς τούτοις Παραδείσου μέτοχον.

Στιχηρὸν Ε'.

Ὑπέκκαυμα γέγονα αἰσχροῦς, ἀσωτίας Ἄχραντε, ἐφευρετῆς παραπτώσεων, παθῶν διδάσκαλος, ὁδηγὸς λαγνείας, ἀσελγείας πρόξενος, δεινῆς ἀκολασίας συνήγορος· καὶ ἔτι τούτων γάρ, ταῖς ἐννοίαις ἐνηδύνομαι, ἀλλὰ πάσης ἀπωλείας ρῦσαί με.

Στιχηρὸν Ϛ'.

Δεινῶς με χειμάζουσι δεινοῖ, ἀμαρτίας χεῖμαρροι, ὠδίνες ἄδου κυκλοῦσί με, παγὶς θανάτου δέ, ψυχικοῦ προφθάνει, ἐλεῆμον Δέσποινα, βοῶ σοι μετ' ὀδύνης καρδίας μου. Σπεῦσον ἐξάρπασον, ἐκ θανάτου ἀπογνώσεως, καὶ ἐξ ἄδου, νῦν τῆς ἀπωλείας με.

Ἦχος β'.

Δευτέρα

Στιχηρὸν Α'.

Δός μοι μετανοίας λογισμόν, δός καὶ κατανύξεως πόθον, τῇ ταπεινῇ μου ψυχῇ, ἔγειρον ἐξ ὕπνου με δεινῆς πωρώσεως, καὶ

quickly reconciled, * and compassionate and merciful, * in the wealth of * Your goodness and love for man.

Sticheron 4.

Make me, O all-holy Bride of God, * chaste and meek and self-controlled, * decent and quiet and decorous, straightforward and devout, * truthful and courageous, * sensible, longsuffering, * and lenient and gentle and moderate, blameless, impeccable, * irreproachable; and grant to me, * in addition, * residence in Paradise.

Sticheron 5.

Sticheron 6.

Mode 2.

Monday

Sticheron 1.

Grant thoughts of repentance unto me; * also grant the love for contrition unto my humble soul. * Rouse me from the sleep of

τὸ σκότος ἀπέλασον, τὸ τῆς ράθυμίας, καὶ
τῆς ἀπογνώσεως λῦσον τὴν ζόφωσιν, ὅπως,
ἀνανεύσας ὁ τάλας, σοὶ προσκολληθήσωμαι
Λόγε, καὶ σοῦ τοῖς θελήμασι πορεύσωμαι.

Στιχηρὸν Β΄.

Μόνε εὐδιάλλακτε Χριστέ, μόνε
ὑπεράγαθε Λόγε καὶ ἀνεξίκακε, σοὶ προσπίπτω
εὐσπλαγχνε, σὲ ἱκετεύω θερμῶς, σοὶ κραυγάζω
δεόμενος· Ἠμάρτηκα σῶσον, σῶσόν με
τὸν ἄσωτον τῇ εὐσπλαγχνίᾳ σου, ὅπως,
εὐχαρίστως κραυγάζω. Κύριε, συγχώρησιν δός
μοι, καὶ σοῦ τῇ χρηστότητι πορεύσομαι.

Στιχηρὸν Γ΄.

Πάντα ἅπερ ἥμαρτον εἰς σέ, λόγοις τε
καὶ ἔργοις, Θεέ μου, καὶ ἐνθυμήσεσι, πάντα
ἐξαγγέλλω σοι, πάντα νῦν λέγω σοι· τὴν
ἡμέραν παρῆλθον γάρ, καὶ πάντα τὸν χρόνον,
νύκτα δὲ κατέλαβον πλήρης ὑπάρχων κακῶν·
ὅθεν σοι προσπίπτω κραυγάζων· Δέσποτά μου,
Δέσποτα Σῶτερ, ἥμαρτον, συγχώρησον, καὶ
σῶσόν με.

Στιχηρὸν Δ΄.

Δεῦτε ἐν ᾧδαῖς πνευματικαῖς,
τοὺς προαρχηγοὺς τῶν Ἀγγέλων,
ἀνευφημήσωμεν· πάντων γὰρ ὡς πρόκριτοι,
τῶν ἀσωμάτων Χορῶν, Στρατηγοὶ καὶ
Ἀρχάγγελοι, ἐκλήθησαν ἅμφω· ἄρχων γὰρ τῆς
χάριτος ὁ Γαβριήλ πεφυκώς, νόμου, καὶ τῶν
πρὸ Μωϋσέως, ἑξαρχος γνωρίζεται αὐθις, ὁ
τῶν Ἀρχαγγέλων ἀρχηγὸς Μιχαήλ.

grave insensibility, * and the darkness of
laziness * drive out from within me, * and
dispel the gloom created by despondency, * so
that looking up, I the wretched * might cling
fast to You and according * to Your holy will
proceed, O Word of God.

Sticheron 2.

Now do I confess to You my God *
everything of which I am guilty, my sins
against You in word, * deed and recollection,
all do I declare to You. * I have passed the
entire day * and all of my life's time; * now I
have arrived at night still full of wickedness. *
Therefore, I fall down to You crying: * Master,
O my Master and Savior, * I have sinned;
forgive and save me, Lord my God.

Sticheron 4.

Come, and singing spiritual songs * let
us now extol the commanders of the angelic
hosts. * For being preeminent among the
bodiless choirs, * they were both designated as
* Archangels and Generals. * Foremost in the
period of grace is Gabriel, * while in the Old
Testament era * of the Law and prior to Moses,
* prominent is Michael, the Archangels' chief.

Στιχηρὸν Ε΄.

Εὗγε Ἀσωμάτων ὁ φωστήρ! εὗγε τῆς
 αὐτοῦ χορείας, ὦ Ἀρχιστράτηγε, μύστα
 καὶ πρωτάγγελε, τῶν ἀπορρήτων Θεοῦ,
 Μιχαὴλ παμμακάριστε, αὐτόπτα τῶν ἄνω.
 Λύτρωσαι δεόμεθα τοὺς σοὶ προστρέχοντας,
 πάντων, δυσχερῶν καὶ κινδύνων· σὲ γὰρ
 πρὸς τὸν Κύριον πάντες, εὐμενῇ προστάτην
 προβαλλόμεθα.

Στιχηρὸν Ϛ΄.

Χαίροις τῶν Ἀγγέλων στρατηγέ, καὶ
 τῶν ἀπορρήτων ὁ μύστης, καὶ λειτουργέ
 τοῦ Θεοῦ, ἄρχων καὶ ἀκρότατε, τῶν
 ἁσωμάτων Χορῶν, Γαβριὴλ ὑπερένδοξε,
 φρικτῶν μυστηρίων· ὦφθης γὰρ διάκονος
 κρυφιομύστου βουλῆς· σὺ γάρ, τὴν Θεοῦ πρὸς
 ἀνθρώπους, ἄκραν συγκατάβασιν ἤλθες, ἐπὶ
 σωτηρίᾳ προαγγέλλων ἡμῖν.

Ἦχος β΄.**Τρίτη****Στιχηρὸν Α΄.**

Μόνε ἀναμάρτητε Χριστέ, μόνε ἀνεξίκακε
 μόνε, πηγὴ χρηστότητος, ἴδε μου τὴν
 στένωσιν, ἴδε τὴν θλίψιν μου, καὶ οὐλὰς τῶν
 τραυμάτων μου, ἐξάλειψον πάσας, καὶ ἐν
 τῷ ἐλέει σου, σῶσον τὸν δοῦλόν σου, ὅπως
 ἀθυμίας τὰ νέφη, πόρρω ἐκδιώξας δοξάζω, σὲ
 τὸν ὑπεράγαθον Σωτῆρά μου.

Στιχηρὸν Β΄.

Βλέψον, ὦ ψυχὴ μου ταπεινὴ, ἴδε σου
 τὰ ἔργα ὅποια, εἰσὶ παμβέβηλα, ἴδε σου τὴν
 γύμνωσιν, φεῦ καὶ τὴν μόνωσιν· καὶ γὰρ

Sticheron 5.**Sticheron 6.****Mode 2.****Tuesday****Sticheron 1.**

As the only sinless One, O Christ, * the
 only forbearing, the only wellspring of charity,
 * see my tribulation, see my strait perplexity.
 * Wipe away from my wounded soul * the
 scars and the bruises, * and save me Your
 servant in Your tender mercy, O Lord, * so
 that with the clouds of depression * gone
 away, I might offer glory * unto You my
 Savior most benevolent.

Sticheron 2.

μέλλεις χωρίζεσθαι, Θεοῦ καὶ Ἀγγέλων, καὶ
πρὸς ἀτελεύτητον, ρίπτεσθαι βάσανον. Νῆψον,
διεγέρθητι, σπεῦσον, βόησον· Ἠμάρτηκα
Σῶτερ, δός μοι τὴν συγχώρησιν καὶ σῶσόν με.

Στιχηρὸν Γ'.

Σῶμα κατεμόλυνα δεινῶς, ἔφθειρα
ψυχὴν καὶ καρδίαν, καὶ λογισμοῖς ρυπαροῖς,
πάσας τὰς αἰσθήσεις μου, κατετραυμάτισα,
ὀφθαλμοὺς ἐβεβήλωσα, ἐσπίλωσα ὦτα, λόγοις
γλῶσσαν ἔχρανα, καὶ πάντα ἔχω αἰσχρά· ὅθεν
σοι προσπίπτων κραυγάζω· Δέσποτα Χριστὲ
ἡμαρτόν σοι, ἡμαρτον συγχώρησον καὶ σῶσόν
με.

Στιχηρὸν Δ'.

Σπεῦσον ἐξελοῦ με πειρασμῶν, ἔνδοξε
Κυρίου Προφῆτα, καθικετεύω σε· μάτην γὰρ
κεκίνηνται οἱ πολεμοῦντές με, κατ' ἐμοῦ
πικροὶ δαίμονες, ζητοῦντες ἀρπάσαι, τὴν
ψυχὴν τοῦ δούλου σου, ὥσπερ στρουθίον
οἰκτρὸν, μή με καταλίπῃς εἰς τέλος, γνώτωσαν
δὲ μᾶλλον Παμμάκαρ, ὅτι σύ μου πέλεις
καταφύγιον.

Στιχηρὸν Ε'.

Στείρας ὁ πανάγιος βλαστός, βλάστημα
τερπνὸν τῆς ἐρήμου, ἡ χελιδὼν ἡ τερπνή,
ἀηδὼν ἡ εὐλαλὸς, περιστερὰ ἡ χρυσή, τὴν
στειρεύουσαν πάντοτε, ἀθλίαν ψυχὴν μου,
εὐκαρπον ἀνάδειξον, ἀγαθῶν πράξεων, ὅπως
ἐκβλαστάνουσα στάχυν, τὸν ἐκατοστεύοντα
Μάκαρ, ἔνθεον προσάξῃ σοι τὴν αἴνεσιν.

Sticheron 3.

I have brought corruption on my soul, *
and I have polluted my body, and with my
sordid thoughts * I have wounded grievously
my heart and senses all. * I have sorely defiled
my eyes, * my ears have I tainted, * and my
tongue have I befouled. I am completely
depraved. * Therefore, I fall down to You
crying: * I have sinned against You, O Master.
* I have sinned; forgive and save me, Christ
my God.

Sticheron 4.

Sticheron 5.

Στιχηρὸν Γ'.

Ῥῦσαι αἰωνίου με πυρός, σκότους
ἀφεγγοῦς καὶ ἀνάγκης, καὶ πάσης θλίψεως,
πάσης κακουχίας τε, πάσης στενώσεως,
ἰκετεύω σε Πρόδρομε, καὶ δεῖξον μερίδος, τὸν
αὐτοκατάκριτον, ὄντα τοῖς παίσμασι, Μάκαρ,
σωζομένων εὐχαῖς σου, ἔνθα τῶν Ἁγίων
χορεῖται, καὶ χαρὰ ὑπάρχει ἢ ἀνέκφραστος.

Ἦχος β'.

Τετάρτη

Στιχηρὸν Α'.

Σῶτερ τῷ Σταυρῷ προσηλωθεῖς, ἥλιος
ιδὼν ἐσκοτίσθη, ἀπὸ τοῦ φόβου σου, καὶ
τὸ καταπέτασμα Ναοῦ ἐρρήγνυτο, ἡ δὲ γῆ
κατεσείετο, καὶ πέτραι ὡσαύτως, τρόμφ
διεσχίζοντο, ὁρᾷν μὴ σθένουσαι, Κτίστην καὶ
Θεὸν ἐπὶ ξύλου, πάσχοντα ἀδίκως βουλήσει,
καὶ ὑπὸ ἀνόμων ὑβριζόμενον.

Στιχηρὸν Β'.

Ὅλος καταβέβληται εἰς γῆν, ὅλος
ἀνετράπη καὶ κεῖται, πτῶμα ἐξαίσιον, ὅφιν
ὁ παμπόνηρος, ἀνυψωθέντος σου, ἐπὶ ξύλου
φιλάνθρωπε, Ἀδὰμ δὲ κατάρας, λύεται καὶ
σώζεται, ὁ πρὶν κατάκριτος· ὅθεν καὶ ἡμεῖς
δυσωποῦμεν, σῶσον ἡμᾶς, οἴκτειρον πάντας,
καὶ τῆς Βασιλείας σου ἀξίωσον.

Sticheron 6.

Save me from the everlasting fire, * from
the lightless darkness, from hardships, and all
necessity, * from all tribulation and from all
perplexing straits, * I beseech you, O Baptist
John, * and by your entreaties * grant me who
am self-condemned in my iniquities * surely
to belong to the portion * of the saved wherein
are the choirs * of the Saints and joy that is
ineffable.

Mode 2.

Wednesday

Sticheron 1.

Savior, when You hung upon the Cross,
* seeing You the sun became darkened from
overwhelming fear, * and the curtain of the
Temple then was torn in two, * and the earth
shook in every place, * and likewise in horror
* rocks and boulders split apart, unable to
behold * hanging on a cross their Creator *
willfully to suffer unjustly, * nor the lawless
men humiliating You.

Sticheron 2.

Since You have been lifted on the
Cross, * O Lover of man, the malignant
serpent has utterly * been cast down to earth
completely overthrown, and he lies * as a
fallen monstrosity, * while Adam the former
* convict from the curse is loosed, and he is
being saved. * Therefore do we also beseech
You: * Save us and take pity on all men, * and
Your blessed Kingdom do vouchsafe to us.

Στιχηρὸν Γ'.

Κρίσιν δέχηι μόνη Βασιλεῦ, ὁ κρίναι τὰ σύμπαντα μέλλων, ἐν τῇ ἐλεύσει σου, στέφος ἀνεδύσω δέ, Σῶτερ ἀκάνθινον, ὑπεκτίλλων Φιλάνθρωπε, τὴν ἐκ τῆς ἀπάτης, ἄκανθαν προθέλυμνον, τῇ δυναστείᾳ σου, πᾶσιν ἐμφυτεύων τοῖς πίστει, σταύρωσιν τὴν σὴν προσκυνοῦσι, τὴν τῆς εὐσπλαγχνίας σου ἐπίγνωσιν.

Στιχηρὸν Δ'.

Πλοῦτος πτωχεύοντων καὶ τρυφή, καὶ καταφυγὴ τῶν πενήτων, καὶ ὀρφανῶν ἡ ἐλπίς, σὺ ὑπάρχεις Δέσποινα, καὶ σὲ δοξάζομεν, οἱ ἐν θλίψει κραυγάζοντες· Ἁγία Ἀγίων, λύτρωσαι προφθάσασα, καὶ νῦν τοὺς δούλους σου, πάσης ἐπηρείας δαιμόνων, καὶ τῆς χαλεπῆς τιμωρίας, καὶ τῆς αἰωνίου κατακρίσεως.

Στιχηρὸν Ε'.

Ὅντως ὑπερῆραν ἀληθῶς, τῶν ἀνομιῶν μου τὰ πλήθη, τὴν κεφαλὴν μου Ἀγνή, καὶ αἱ ἀνομίαι μου ὑπερεπλήθυναν, καὶ φορτία δυσβάστακτα, καὶ ἄμετρα Κόρη, κέκτημαι ὁ δέιλαιος, καὶ ἀδιόρθωτος. Σὺ οὖν τῇ θερμῇ σου πρεσβείᾳ, πρόφθασον καὶ σῶσόν με μόνη, τῶν ἀμαρτανόντων ἡ διόρθωσις.

Στιχηρὸν Ϛ'.

Ὡςπερ ἐν λιμένι προσδραμών, ὑπὸ τὴν ἁγίαν σου σκέπην, Παρθενομητορ ἁγνή, δέομαι σπλαγχνίσθητι, μὴ ἀπορρίψης με, ἀλλὰ ῥῦσαι τὸν δοῦλόν σου, τῆς νῦν ἐπελθούσης, θλίψεως, ὡς ἔχουσα τὸ συμπαθὲς φυσικόν,

Sticheron 3.

You received a verdict, only King * who yourself at Your second coming will judge the universe, * and You wore a crown of thorns, O Savior, on Your head, * thus, O Lover of humankind, * completely uprooting * the thorn of deception by Your mighty sovereignty, * thereupon implanting the knowledge * of Your great compassion within all * who worship Your crucifixion faithfully.

Sticheron 4.

Sticheron 5.

Truly rising up over my head * are the many sins and transgressions that I committed indeed; * truly they have multiplied more than the hairs of my head. * O pure Virgin, I have incurred innumerable burdens, * too heavy for me, incorrigible wretch that I am. * Please come quickly, help me and save me, * by your prayers and strong intercession; * for you can restore those who committed sins.

Sticheron 6.

As if to a haven have I run * underneath your holy protection, O Virgin Mother pure. * Have compassion, I entreat you, and reject me not; * rather save me your servant from * this present affliction, * being as you are by nature

Μήτηρ τοῦ Θεοῦ τοῦ Ὑψίστου, πάντοτε
πρεσβεύουσα σῶζε, πάσης περιστάσεως τοὺς
δούλους σου.

Ἦχος β΄.
Πέμπτη
Στιχηρὸν Α΄.

Λόγου τοῦ φανέντος ἐπὶ γῆς, σάλπιγγες
καθάπερ ὀφθέντες, θεῖοι Απόστολοι, τούτου
τὸ σωτήριον πᾶσιν ἐφάνατε, καὶ λαοὺς
συνηθροίσατε, πρὸς ἔνθεον πίστιν, πλάνης
ὀχυρώματα καταστρεψάμενοι· ὅθεν καὶ ἀξίως
τὰ γέρα, καὶ νικητικῶς τοὺς στεφάνους, ὄντως
ἐκομίσασθε μακάριοι.

Στιχηρὸν Β΄.

Δῆμοι τῶν Ἀγγέλων ἀληθῶς, χαίροντες
ἐκρότησαν ἄνω, τοὺς ἱεροὺς Μαθητάς,
βλέποντες κηρύττοντας, ἐν παρρήσίᾳ πολλῇ,
τοῦ Κυρίου τὴν σάρκωσιν, καὶ πᾶσι βοῶντας·
Οὗτος ὁ Θεὸς ἡμῶν, ὁ πρὸ αἰώνων ἐστί, σάρκα
προσλαβὼν ἐκουσίως, σύνθρονος Πατρὶ δὲ
υὑάρχων, καὶ τῷ θείῳ Πνεύματι ὁμότιμος.

Στιχηρὸν Γ΄.

Πάσης οἰκουμένης ἀλιεῖς, τὴν
ἡγκιστρωμένην ψυχὴν μου, ταῖς μεθοδείαις
ἐχθροῦ, τάχος ἐκλυτρώσασθε, καὶ ἀπογνώσει
με νῦν, κινδυνεύοντα σώσατε, καρποὺς
μετανοίας, φέρειν ἐνισχύοντες, θεῖοι
Απόστολοι, ὅπως τοῦ πυρὸς τῆς γεέννης,
πεῖραν μὴ λαβὼν Βασιλείας, τῆς τῶν οὐρανῶν
ἀξιωθήσωμαι.

moved to sympathy. * Always intercede and
deliver * us your servants from every trial, * as
you are the Mother of the Most High God.

Mode 2.
Thursday
Sticheron 1.

O divine Apostles, you were seen * as
the trumpets of the divine Word Who had
appeared on earth. * You declared His saving
dispensation unto all. * By your preaching
did you destroy * the bastions of error, *
congregating peoples unto pious faith in
God. * Therefore, you the blessed Disciples *
worthily were given the honors * and received
the laurel crowns triumphantly.

Sticheron 2.

Legions of the Angels in the heights
* applauded the holy Disciples, and truly
they rejoiced * seeing them proclaim the
incarnation of the Lord * with great freedom
and confidence, * declaring to all men: * This
is our God, the One who is before all time, *
who assumed our flesh of His own will, * and
who shares the throne with the Father, * being
with the Spirit honored equally.

Sticheron 3.

Στιχηρὸν Δ'.

Πλήθει πειρασμῶν περισχεθεῖς, καὶ ταῖς
 τρικυμῖαις τοῦ βίου, περικυκλούμενος, σάλω
 τε ποντούμενος τῶν περιστάσεων, καὶ ταῖς
 λύπαις βαλλόμενος, ἐν σοὶ τὴν ἐλπίδα, πᾶσαν
 ἀνατίθημι, Πάτερ Νικόλαε, πάντων τῶν
 δεινῶν μοι παράσχου, λύσιν ταῖς πρεσβείαις
 σου μάκαρ, ταῖς πρὸς τὸν Δεσπότην σου
 ἐντεύξειςιν.

Στιχηρὸν Ε'.

Νέφει ἀθυμίας σκοτεινῷ, καὶ στενοχωρίας
 ὁμίχλῃ, νυνὶ καλύπτομαι, θλίψεως
 ἀλλεπάλληλοι διαταράττουσιν, ὁ δὲ φόβος
 κινδύνων με, δεινῶς περιέχει, δέομαί σου
 σῶσόν με, θεομακάριστε· σὲ γὰρ ὀνομάζω
 προστάτην, καὶ σοῦ τὴν βοήθειαν Πάτερ,
 ἐπικαλουμένῳ μοι κατάπεμψον.

Στιχηρὸν Ϛ'.

Χάριν εἰληφὼς παρὰ Θεοῦ, πᾶσι χορηγεῖς
 τὰς ἰάσεις, ὑπὸ τὴν σκέπην σου, ἅγιε Νικόλαε,
 τοῖς σοὶ προστρέχουσι· φυγαδεύσεις δαιμόνων
 γάρ, ἀνίατα πάθη, πάντας θεραπεύεις δέ, τῇ
 προστασίᾳ σου· ὅθεν καὶ ἡμεῖς δυσωποῦμεν,
 πρέσβευε πρὸς Κύριον πάσης, λυτρωθῆναι
 βλάβης τοὺς ὑμνοῦντάς σε.

ᾠχος β'.**Παρασκευὴ
Στιχηρὸν Α'.**

Σῶτερ τῷ Σταυρῷ προσηλωθεῖς, ἥλιος
 ἰδὼν ἐσκοτίσθη, ἀπὸ τοῦ φόβου σου, καὶ
 τὸ καταπέτασμα Ναοῦ ἐρρήγνυτο, ἡ δὲ γῆ
 κατεσείετο, καὶ πέτραι ὡσαύτως, τρόμῳ

Sticheron 4.**Sticheron 5.****Sticheron 6.**

Since you have been granted grace from
 God, * freely you dispense cures and healing
 to all who place themselves * under your
 protection, O divine St. Nicholas. * You drive
 out diabolical inveterate passions, * curing
 all whom you receive into your custody. *
 Therefore we now also implore you: * Pray the
 Lord that all who extol you * ever be delivered
 from impending harm.

Mode 2.**Friday
Sticheron 1.**

Savior, when You hung upon the Cross,
 * seeing You the sun became darkened from
 overwhelming fear, * and the curtain of the
 Temple then was torn in two, * and the earth

διεσχίζοντο, ὁρᾶν μὴ σθένουσαι, Κτίστην καὶ Θεὸν ἐπὶ ξύλου, πάσχοντα ἀδίκως βουλήσει, καὶ ὑπὸ ἀνόμων ὑβριζόμενον.

Στιχηρὸν Β΄.

Ὅλος καταβέβληται εἰς γῆν, ὅλος ἀνετράπη καὶ κεῖται, πῶμα ἐξαίσιον, ὄφιν ὁ παμπόνηρος, ἀνυψωθέντος σου, ἐπὶ ξύλου φιλάνθρωπε, Ἀδὰμ δὲ κατάρας, λύεται καὶ σώζεται, ὁ πρὶν κατάκριτος· ὅθεν καὶ ἡμεῖς δυσωποῦμεν, σῶσον ἡμᾶς, οἴκτειρον πάντας, καὶ τῆς Βασιλείας σου ἀξίωσον.

Στιχηρὸν Γ΄.

Ὅτε ὁ παράνομος λαός, Σῶτερ τὴν ζωὴν τῶν ἀπάντων, ξύλῳ ἀνήρτησε, τότε κτίσις ἅπασα, φόβῳ ἐτρόμαξε, τὰ τοῦ ἄδου βασιλεία, καὶ κράτος θανάτου, πάντα ἐξηφάνισται, θεία δυνάμει σου, τότε καὶ Ἀδὰμ ὁ προπάτωρ, χαίρων ἀνεβόα σοι· Δόξα, τῇ συγκαταβάσει σου, Φιλάνθρωπε.

Στιχηρὸν Δ΄.

Νεῦσον ταῖς δεήσεσιν Ἀγνή, τῶν σῶν οἰκετῶν, καὶ παράσχου, πηγὰς δακρύων ἡμῖν, ἵνα ἀποπλύνωμεν τῶν ἐγκλημάτων ἡμῶν, τὰς κηλίδας Πανάμωμε, καὶ σβέσωμεν φλόγα, τοῦ διαιωνίζοντος καὶ πικροτάτου πυρός· σὺ γὰρ τῶν ἐξ ὅλης καρδίας, σὲ τὴν τοῦ Δεσπότης Μητέρα, ἐπικαλουμένων τὰς δεήσεις πληροῖς.

shook in every place, * and likewise in horror * rocks and boulders split apart, unable to behold * hanging on a cross their Creator * willfully to suffer unjustly, * nor the lawless men humiliating You.

Sticheron 2.

Since You have been lifted on the Cross, * O Lover of man, the malignant serpent has utterly * been cast down to earth completely overthrown, and he lies * as a fallen monstrosity, * while Adam the former * convict from the curse is loosed, and he is being saved. * Therefore do we also beseech You: * Save us and take pity on all men, * and Your blessed Kingdom do vouchsafe to us.

Sticheron 3.

Savior, and the Life of all the world, * when the lawless people suspended You on a wooden cross, * all creation, horrified, then quaked in fear and awe. * By Your might and divinity * the kingdom of Hades * disappeared, accompanied by the dominion of death. * Then, too, did the forefather Adam * joyfully cry out to You: Glory * to Your condescension, Lord who love mankind.

Sticheron 4.

Pure one, we entreat you to incline * unto our petition and grant us your servants founts of tears * so that we may weep and thereby wash away the stains * of our sins, O all-blameless one, * and also extinguish * the flame of the never-ending and most bitter fire. * For indeed you answer the prayers * of those

Στιχηρὸν Ε΄.

Ζάλη ἐναντίον λογισμῶν, καὶ ταῖς
 τρικυμίαις τοῦ βίου, κλυδωνιζόμενος,
 πνεύμασιν ἀτάκτοις τε περιφερόμενος, τοῦ
 δεινοῦ κοσμοκράτορος, βοᾷ σοι Παρθένε·
 Σπεῦσον ἐξελέσθαι με, τῶν κατεχόντων
 δεινῶν, ὅπως εὐχαρίστῳ καρδίᾳ, σοῦ
 τὰ μεγαλεῖα κηρύττω, πᾶσι τοῖς πιστοῖς
 θεοχαρίτωτε.

Στιχηρὸν Ϛ΄.

Ἴδε τὴν ἀσθένειαν ἐμήν, καὶ τὴν τῆς
 ἀθλίας ψυχῆς μου, ταλαιπωρίαν Ἀγνή, καὶ
 τὴν τῆς καρδίας μου, κάκωσιν Δέσποινα,
 καὶ βουλὰς διασκέδασον, ἐχθρῶν ἀοράτων,
 τῶν ἐπεμβαινόντων μοι, καὶ πολεμούντων
 δεινῶς· σὺ γὰρ τὸν Θεὸν τετοκυῖα, τοῖς ἐν
 τοῖς κινδύνοις τελοῦσι, δύνασαι παρέχειν
 ἀπολύτρωσιν.

Ἦχος β΄.

Σάββατον

Στιχηρὸν Α΄.

Ὅταν ἐν τῇ δόξῃ σου Χριστέ, ἔλθῃς
 μετ’ Ἀγγέλων ἀγίων, κρῖναι τὰ σύμπαντα,
 ὅτε παραστήσονται, γυμνοὶ σοι ἅπαντες,
 ἀποδοῦναι ὧν ἔπραξαν, τὴν ἀπολογίαν,
 τότε τοῖς προβάτοις με, σύνταξον Λόγε τοῖς
 σοῖς, λύσιν παρασχών μοι ἐνταῦθα, τῶν
 πλημμελημάτων μου πάντων, ὧν περ ἐν τῷ
 βίῳ ἐπλημμέλησα.

who wholeheartedly call on * you the holy
 Mother of our Lord and God.

Sticheron 5.

Sticheron 6.

Mode 2.

Saturday

Sticheron 1.

When You come again, O Christ our God,
 * with Your holy Angels in glory to judge the
 universe, * when all men who ever lived shall
 stand before You exposed, * there to render
 a full account * for their every action; * then,
 O Word, include me in the number of Your
 sheep, * granting me from now absolution * of
 my every sin and transgression * which I have
 committed in this present life.

Στιχηρὸν Β΄.

Ῥῆξον τὰς σειράς μου τῶν παθῶν,
ξήρανον ψυχῆς σηπεδόνας, μόνε φιλάνθρωπε,
δώρησαί μοι δάκρυα τῆς κατανύξεως, τὴν
καρδίαν μου φώτισσον, τὴν ἐσκοτισμένην,
λύτρωσαί με δέομαι ἐκ περιστάσεως, ζάλης,
συμφορῶν ἐναντίων, καὶ ἐκ πειρασμῶν
πολυτρόπων, τοῦ δεινοῦ ἐχθροῦ καὶ
κοσμοκράτορος.

Στιχηρὸν Γ΄.

Λάβε ὦ ψυχὴ μου κατὰ νοῦν, τὴν
φοβερωτάτην ἐκείνην, ὥραν τῆς κρίσεως,
ὅτε τρόμος λήψεται, τὴν κτίσιν ἅπασαν,
καὶ καθίσῃ ὁ Ὑψιστος ἐν θρόνῳ ἀστέκτῳ,
λόγον εἰσπραξάμενος, τῶν πεπραγμένων ἡμῖν,
σπεῦσον, διαλλάγηθι ἔνθεν τῷ κριτῇ τῶν ὅλων
βοῶσα· Ἥμαρτόν σοι Κύριε, καὶ σῶσόν με.

Στιχηρὸν Δ΄.

Ὅλος ἐκ νεότητος ἐγώ, πάθεσιν αἰσχύνης
δουλεύσας, καὶ ἀσωτία πολλῇ, τέλεον
ἡμαύρωσα, τὸ κατ' εἰκόνα Θεοῦ, καὶ πτοοῦμαι
Πανύμνητε, τὴν μέλλουσαν δίκην, ὅτε
παραστήσομαι τῷ σῶ Υἱῷ καὶ Θεῷ· νῦν οὖν,
πρὸ τοῦ τέλους μοι δίδου, κάθαρσιν Ἀγνὴ τῶν
παθῶν μου, καὶ πλημμελημάτων ἀπολύτρωσιν.

Στιχηρὸν Ε΄.

Φρίττω τὸ κριτήριον Ἀγνή, καὶ τὴν τοῦ
πυρὸς τιμωρίαν, τὴν αἰωνίζουσαν, καὶ τὴν
ἀπαραίτητον, ὄντως ἀπόφασιν, τὸν βρυγμὸν
τῶν ὀδόντων τε, καὶ τοῦ ἀκοιμήτου, σκώληκος
Πανάμωμε, τὴν ἀγριότητα· ὅθεν, ἐν ὀδύνῃ
καρδίας, σὲ καθικετεύω Παρθένε, τῆς φρικτῆς
με ῥῶσαι κατακρίσεως.

Sticheron 2.

As the only Lover of mankind, * break
apart the chains of my passions, dry up the
festering * of my soul and grant me tears of
true compunction, O Lord; * and illumine my
darkened heart, * I fervently pray You, * and
deliver me from all adverse predicaments, *
turmoils and unhappy disasters, * and from all
the cunning temptations * of the dreadful foe
and ruler of this world.

Sticheron 3.

Sticheron 4.

Sticheron 5.

Στιχηρὸν Ζ΄.

Ὅτε τῶν τοῦ σώματος μελῶν, μέλλῃ
ἡ ψυχὴ μου βιαίως, διαχωρίζεσθαι, τότε
μοι παράστηθι, καὶ τῶν ἀσάρκων ἐχθρῶν,
τὰς βουλὰς διασκέδασον, καὶ τούτων τὰς
μύλας, σύντριψον ζητούντων με, καταπιεῖν
ἀφειδῶς, ὅπως ἀκωλύτως διέλθω, τοὺς ἐν
τῷ ἀέρι ἐστῶτας, ἄρχοντας τοῦ σκότους,
Θεονύμφευτε.

Ἦχος γ΄.

Δευτέρα

Στιχηρὸν Α΄.

Ἡμαρτον Κύριε ὁ Θεός μου, ἡμαρτόν
σοι, ἰλάσθητί μοι, μὴ ἀπόσῃ με, μὴ βδελύξῃ
με Λόγε, ἀλλ’ ὡς μόνος συμπαθὴς τε καὶ
ἐλεήμων, πρόσδεξαί με μεταγνόντα, καὶ τὰ
σὰ ποιεῖν με Σῶτερ δικαιώματα, ὡς μόνος
εὐσπλαγχνος ἐνδυνάμωσον.

Στιχηρὸν Β΄.

Πρόφθασον Κύριε ἐξελοῦ με, ἐκ χειρὸς
τοῦ ἀντικειμένου· καὶ γὰρ θέλων ἐδουλώθην
τῷ πλάνῳ, καὶ ἀπέστην ἐκ τῶν ἐντολῶν σου
οἰκτίρμον, δός μοι χρόνον μετανοίας, καὶ πρὸς
φῶς εἰσάγαγέ με κατανύξεως, ὅπως πενήθσω
μου τὴν ἀπόπτωσιν Σῶτερ.

Στιχηρὸν Γ΄.

Λύτρωσαι Κύριε ὁ Θεός μου, ἐκ
πωρώσεως τὴν ψυχὴν μου, καὶ παράσχου τῶν

Sticheron 6.

Stand by me, all-holy Bride of God, *
when my wretched soul is about to be parted
forcibly * from the members of my body.
Also frustrate the plans * of the bodiless
enemies, * and shatter the fangs of * those
who seek to swallow up my life unsparingly,
* so that having nothing to block me, * I may
unimpededly rise past * the rulers of darkness
standing in the air.

Mode 3.

Monday

Sticheron 1.

O Lord my God, I have sinned against
You. * I have sinned against You; forgive
me. * Cast me not away, O Word of God, nor
loathe me. * But as You alone are merciful
and understanding, * accept me back in
repentance. * O my Savior, as the only One
compassionate, * provide the strength for me *
to execute Your statutes.

Sticheron 2.

Hasten, O Lord my God, and redeem me
* from the hand of the adversary. * I have
fain become enslaved to the deceiver * and
forsaken Your divine commandments, O
Master. * Grant me time for repentance, * O
Compassionate, and lead me to compunction's
light, * that I may weep and mourn * over my
fall, O Savior.

Sticheron 3.

δακρύων μοι ὄμβρους, ἵνα πλύνω τῶν ἀνομιῶν
μου τὰ αἵσχη, αὐγασόν με τὸν ἐν τῷ σκότει,
φῶς τῆς σῆς δώρησαι Σῶτερ ἐπιγνώσεως,
ὅπως πορεύσωμαι, ἐν σεπταῖς ἐντολαῖς σου.

Στιχηρὸν Δ'.

Χορείας Ἀσωμάτων, Κύριε ὑπέστησας,
τὸν πλοῦτόν σου δεικνύων, πᾶσι τῆς
ἀγαθότητος, καὶ παρήγαγες ἐκ τοῦ μὴ ὄντος
εἰς τὸ εἶναι, τῆς ὑπὲρ νοῦν δόξης σου, τοῦ νῦν
δοξάζειν σε, ἐν φωναῖς ἀσιγήτοις.

Στιχηρὸν Ε'.

Μεγάλη τῶν Ἀγγέλων σου, Χριστὲ ἡ
δύναμις· ἀσώματοι γὰρ ὄντες, τὸν κόσμον
διατρέχουσι, περιέποντες τὰς Ἐκκλησίας
ἐν ἰσχύϊ, τῇ παρὰ σοῦ Δέσποτα, καὶ
πρεσβεύουσιν, ὑπὲρ τῆς οἰκουμένης.

Στιχηρὸν Ϛ'.

Δυνάμεις, Ἐξουσίαι, Ἄγγελοι,
Ἀρχάγγελοι, καὶ Σεραφεῖμ καὶ θρόνοι,
Ἀρχαὶ καὶ Κυριότητες, Χερουβεῖμ δόξης
τῆς ἀνεκφράστου καὶ τελείας, σοφίας τε τῆς
ὄντως, νῦν ἱκετεύσατε, ὑπὲρ τῆς οἰκουμένης.

Ἦχος γ'.

Τρίτη

Στιχηρὸν Α'.

Τὰ πάθη τῆς ψυχῆς Σωτήρ μου καὶ τοῦ
σώματος, δεινῶς ἐπαναστάντα, βυθίζουσί
με ἄμφω, καὶ πρὸς βάθος ἀπογνώσεώς με
ἔλκουσιν, ἀλλ' ὥς ποτὲ θάλασσαν, ταῦτα
κατεύνασον, καὶ γαλήνην μοι δίδου.

Sticheron 4.

O Master, You created the choirs of the
Bodiless, * to all thus manifesting the richness
of Your goodness. * And You brought them
into being from nonexistence * that they might
glorify You * with their unceasing hymns *
and never-silent voices.

Sticheron 5.

Sticheron 6.

Mode 3.

Tuesday

Sticheron 1.

The passions of my soul and body that
are savagely * rebelling are submerging * me
dually, O Savior. * They are drawing me into
the depths of desperation. * But as of old with
the sea, * so also quiet them, * and grant me
serenity.

Στιχηρὸν Β΄.

Οὐκ ἔχω παρρήσιαν ὅλως ὁ κατάκριτος,
εἰς ὕψος ἀτενίσαι, τοῦ οὐρανοῦ καὶ βλέψαι,
ἀπὸ πλήθους καθελκόμενος πταισμάτων μου,
λοιπὸν ὡς ὁ Τελώνης, βοῶ· Ἰλάσθητι, τῷ
ἀθλίῳ μοι Σῶτερ.

Στιχηρὸν Γ΄.

Μεγάλη καὶ φρικτή σου Δέσποτα
ἡ ἔλευσις, ἐν ἣ καθίσης κρίσιν, δικαίαν
ἐκτελέσαι· μὴ οὖν κρίνης με τὸν
κατακεκριμένον, ἀλλ' ὡς Θεὸς φεῖσαί μου, καὶ
ἐλευθέρωσον, τῆς μελλούσης ἀνάγκης.

Στιχηρὸν Δ΄.

Ὡς ὀρθρος ἐξανέτειλας πᾶσι τοῖς πέρασι,
φωτίζων τὰς καρδίας, τῶν σέ ὑμνούντων
ἔνδοξε· διὸ φώτισον ἡμῶν τὰς διανοίας,
καὶ τὰς ψυχὰς Προφῆτα, τοῦ γεραίρειν σε,
Βαπτιστὰ τοῦ Σωτῆρος.

Στιχηρὸν Ε΄.

Μὴ παύσῃ ἱκετεύειν Πρόδρομε μακάριε,
ὑπὲρ παντὸς τοῦ κόσμου, δεόμεθά σου
πάντες, ὅπως λάβωμεν ἐξ ὕψους θείαν χάριν,
καταπατεῖν τὴν κάραν, τοῦ κακογνώμονος, οἱ
πλουτοῦντές σε πρέσβυν.

Στιχηρὸν Ϛ΄.

Ἦνίκα τοῦ φθαρτοῦ με μέλλει Κύριος,
χωρίζειν τότε σκῆνους, προστάτην εὐροιμί
σε, καὶ ἀντίληψιν καὶ σκέπην, Ἰωάννη
Πρόδρομε καὶ Προφῆτα, καθοδηγοῦντά με,
πρὸς ἀνέσπερον φέγγος.

Sticheron 2.

O Lord, Your Second Coming will be
great and terrible * when You will sit in
judgment * and execute it justly. * Thus I
pray You, judge me not who am condemned
already. * But rather spare me, O God, * and
deliver me * from the impending crisis.

Sticheron 4.

Cease not from supplicating on behalf of
all the world, * we fervently beseech you, *
O Forerunner thrice-blessed, * that we may
receive divine grace from heaven * to trample
on the head * of the malignant one, * with you
as intercessor.

Sticheron 6.

Ἦχος γ'.
Τετάρτη
Στιχηρὸν Α'.

Ἡ κτίσις ἡλλοιώθη Λόγε τῇ σταυρώσει σου, ὁ ἥλιος ἀκτῖνας, συνέστειλε τῷ φόβῳ, καὶ ναοῦ τὸ καταπέτασμα ἐσχίσθη, καὶ πᾶς πιστὸς σέσωσται· ὅθεν δοξάζομεν, σοῦ τὸν ἄμετρον πλοῦτον.

Στιχηρὸν Β'.

Ὁ σάρκα τὴν ἡμῶν δι' οἶκτον προσλαβόμενος, Θεός τε καὶ Δεσπότης, τῷ ξύλῳ προσεπάγη, καὶ ἀνύψωσεν ἡμᾶς κατερράγμένους, ἀνυψωθεὶς σώματι, ὥσπερ ἠυδόκησε, διὰ σπλάγχχνα ἐλέους.

Στιχηρὸν Γ'.

Ῥανίδες θεορρύτου αἵματος καὶ ὕδατος, ἀνέπλασαν τὸν κόσμον, χυθεῖσαι ἐκ πλευρᾶς σου, τῷ μὲν ὕδατι ἐκπλύνεις, ὡς οἰκτίρμων, πάντων τὰς ἀμαρτίας Κύριε, τῷ δὲ αἵματι, τὴν συγχώρησιν γράφεις.

Στιχηρὸν Δ'.

Ἐν κλίνῃ κατακείμενος τῆς ἀμελείας μου, τὸν τῆς ζωῆς μου χρόνον, ραθύμως ἐξετέλεσα, καὶ πτοοῦμαι τῆς ἐξόδου μου τὴν ὥραν, ἀλλὰ τῇ σῇ πρεσβείᾳ ἐγείρασά, σῶσόν με πρὸς μετάνοιαν Κόρη.

Στιχηρὸν Ε'.

Τὸ ἄλγος τῆς, καρδίας μου Ἀγνή θεράπευσον, καὶ στῆσον τοῦ νοός μου, τὴν πλάνην καὶ ἀξίωσον, καθαρᾷ σε ἀνυμνεῖν

Mode 3.
Wednesday
Sticheron 1.

Creation was affected, O Word, when You were crucified. * The sun concealed its rays out of fear, and the earth shook, * and the curtain of the Temple was torn in two, * and all believers were saved. * And now we glorify Your immense wealth of mercy.

Sticheron 2.

Our God and Lord, who out of pity took upon himself * our whole incarnate nature, * was fastened to the crossbar. * And as He himself was lifted up in body, * He lifted up fallen man, * as He was pleased to do, * by virtue of His tender mercy.

Sticheron 3.

The drops of blood and water coming forth from You, O God, * refashioned creation * when they issued from Your body. * For You wash away the sins of all in the water, * and then with Your precious blood, * O tender-loving Lord, * You write their absolution.

Sticheron 4.

Supine upon the couch of my own negligence, * I lazily have wasted * the time of my existence, * and I therefore fear the hour of my exit. * But through your intercessions, * O Lady, raise me up * to repentance and save me.

Sticheron 5.

καρδία, καὶ ἐξαίτεϊσθαι χάριν, εὐρεῖν καὶ ἔλεος, ἐν ἡμέρᾳ τῆς δίκης.

Στιχηρὸν Ζ΄.

Ἀπόθου ταπεινὴ ψυχὴ μου τὰ
δυσβάστακτα, φορτία τῆς κακίας, καὶ
πρόσελθε δακρύουσα, καὶ βοῶσα· Τὸν ζυγὸν
ἀγνὴ Παρθένε με ἀξιώσον, τὸν ἐλαφρὸν
βαστάζειν, τοῦ Υἱοῦ καὶ Θεοῦ σου.

Ἦχος γ΄.

Πέμπτη

Στιχηρὸν Α΄.

Πρεσβείαις τῶν σεπτῶν καὶ θείων
Ἀποστόλων σου, φιλάνθρωπε Οἰκτίρμον, καὶ
μόνε ἐλεῆμον, τὴν εἰρήνην σου παράσχου
τῷ λαῷ σου, καὶ τῶν δεινῶν λύτρωσαι, τοὺς
ἀνυμνοῦντάς σε, καὶ πιστῶς προσκυνοῦντας.

Στιχηρὸν Β΄.

Βελῶν με ὡς Θεοῦ αὐτόπται τοῦ
ἀλάστορος, λυτρώσασθε σβεννῦντες,
αὐτοῦ τὰς πανουργίας, καὶ δροσίσατέ με
πνεύματος τῇ δρόσῳ, ἁμαρτιῶν τῷ καύσωνι,
ἐκτεκόμενον, εὐεργέται μοι θεῖοι.

Στιχηρὸν Γ΄.

Εἰς πᾶσαν οἰκουμένην ὄντως ἐξελέλυθεν,
ὁ θεῖος ὑμῶν φθόγγος, Ἀπόστολοι Κυρίου,
καὶ ἐφώτισεν ἐν σκότει τοὺς κειμένους, καὶ
τῷ Θεῷ προσήγαγεν, ὡς θυμίαμα, τοὺς αὐτὸν
ἐγνωκότας.

Στιχηρὸν Δ΄.

Μεγίστη σωτηρία πᾶσιν ἀνεδείχθης ἡμῖν,
Νικόλαε τρισμάκαρ· λυτροῦσαι γὰρ παντοίων,
τοὺς οἰκέτας σου κινδύνων, καὶ ἀνάγκης καὶ

Sticheron 6.

Mode 3.

Thursday

Sticheron 1.

Grant peace unto Your people through
the prayers of Your divine * and ven' rable
Apostles, * O only Lord compassionate, * in
Your love for man; and rescue from the terrors
* all those who sing Your praises * and who
faithfully * worship You the merciful God.

Sticheron 2.

Sticheron 3.

Apostles of the Master, truly your divine
report * has gone out to the whole world * and
to the ends of all the earth, * and illuminated
those who lay in darkness, * and to God
presented * as incense * those who came to
know Him.

Sticheron 4.

πειρασμῶν, καὶ νόσων, καὶ περιστάσεων, καὶ ἐχθρῶν ἀοράτων.

Στιχηρὸν Ε΄.

Ἐπλήγην ἰοβόλῳ δῆγματι ὁ ἄσωτος,
καὶ κεῖμαι ἐρρίμμενος καὶ ἐξηπορημένος,
τῇ ἀγρύπνῳ σου δεήσει Ἱεράρχα, ἐν τάχει
ἀνάστησον, ἵνα δοξάζω σου, τὴν ταχύκοον
χάριν.

Στιχηρὸν Ϛ΄.

Ἐν ὥρᾳ τῇ φρικτῇ, ἐν ἣ μέλλω
παρίστασθαι, τὸ βῆμα τὸ φρικτῶδες, καὶ
πέμπεσθαι κολάσει, βοηθὸν σε εὖροιμι
Ἱεράρχα, ῥυόμενόν με σκότους, καθικετεύω
σε, παρρησίαν ὡς ἔχεις.

Ἦχος γ΄.

**Παρασκευὴ
Στιχηρὸν Α΄.**

Ἡ κτίσις κατηγιάσται μόνε Μακρόθυμε,
τιμίῳ Αἵματί σου, καὶ ὕδατι ἀγίῳ, ποταμοὶ
δὲ ἐξηράνθησαν πολυθείας, καὶ ὁ Ἀδάμ
σέσωσται, τῆς καταπτώσεως, τῇ Σταυρώσει
σου Λόγε.

Στιχηρὸν Β΄.

Ὁ πάσης ὦν τιμῆς ἐπέκεινα Φιλάνθρωπε,
ὕπὲρ ἡμῶν ὑβρίσθης, καὶ ὄξος ἐποτίσθης, καὶ
ὕπεμεινας Σταυρὸν ἐθελουσίως, ὅπως φθορᾶς
ἅπαντας, τῷ θανάτῳ σου, Εὐεργέτα λυτρώσης.

Στιχηρὸν Γ΄.

Ἐν ξύλῳ ἀνηρτήθης θέλων Ὑπεράγαθε,
καὶ τῷ Πατρὶ θυσία, ὕπὲρ ἡμῶν ἀνήχθης,
καὶ κατέπαυσας θυσίας τῶν εἰδώλων, καὶ τὸ

Sticheron 5.

The serpent's poison bite has wounded
me the prodigal, * and I am lying prostrate *
and brought to desperation. * By your vigilant
petitioning, O Hierarchy, * do speedily restore
me, * that I may glorify * your grace which is
quick to hear.

Sticheron 6.

Mode 3.

**Friday
Sticheron 1.**

Sticheron 2.

O Lord above all honor, as the Lover
of mankind, * for us You were insulted,
* You tasted of the vinegar, * and You
willingly endured the crucifixion, * so that, O
Benefactor, * by Your own death You might *
redeem all from corruption.

Sticheron 3.

You willingly were hung upon the Cross,
O gracious Lord, * and unto Your own Father
* were offered as a sacrifice; * and You ended

κράτος ἔλυσας, τοῦ κακογνώμονος, Βασιλεῦ
τῶν αἰώνων.

Στιχηρὸν Δ'.

Ἦ τοῦ φωτὸς τοῦ ἀδύτου νεφέλη,
θεοχαρίτωτε Κόρη, εὐλογημένη Μαρία,
λάμπσον μοι φῶς μετανοίας, τῷ σκότει τῆς
ἀμαρτίας ἀφρόνως συνεχομένῳ, καὶ ῥῦσαι ταῖς
δεήσεσι ταῖς σαῖς, πυρὸς γεέννης καὶ σκότους
ἀφεγγοῦς, καὶ ἡμέρας δεῖξον τῆς ἀνεσπέρου,
κοινωνόν, προσφυγόντα με τῇ σκέπῃ σου
Πανάχραντε.

Στιχηρὸν Ε'.

Τὸν θελητὴν τοῦ ἐλέους τεκοῦσα,
παντελεῖμον Παρθένε, αὐτὸν ἀεὶ ἐκδυσώπει,
τὴν ταπεινὴν ἐλεῖσαι ψυχὴν μου, τὴν εἰς
βυθὸν ἀπωλείας κατολισθήσασαν, ὅντως
ἐπηρείαις τοῦ ἐχθροῦ· μὴν οὖν βδελύξῃ τὴν
δέησίν μου νῦν, μηδὲ ἀποστρέψῃς ἀπὸ τοῦ
δούλου σου, τοὺς ἀμέτρους Κόρη οἰκτιρμούς
σου, δι' οἷκτον ἀμέτρητον.

Στιχηρὸν Ϛ'.

Ὁ ἐν Ἑδὲμ τὸν Ἀδὰμ ἀπατήσας, ἵνα Θεοῦ
παρακούσῃ, οὗτος κἀμὲ δελεάσας, ἐκ τῆς
ὁδοῦ τῆς εὐθείας ἐκκλίνας, εἰς ἀνοδίας ἔρριψε
βόθρον, πολλῶν ἀμαρτιῶν, καὶ κομπάζει ὁ
δεινός, καταπτωθέντα ἰδὼν με παντελῶς,
πρεσβειῶν σου ξίφει· τοῦτον οὖν πάταξον
Παρθένε, καὶ ῥῦσαι τῶν αὐτοῦ με, παγίδων ὡς
εὐσπλαγχνος.

sacrifices unto idols, * and destroyed the
dominion * of the malignant one, * O King of
all the ages.

Sticheron 4.

Sticheron 5.

Sticheron 6.

He who of old beguiled Adam in Eden *
to disobey his Creator, * the same now having
seduced me, * turning me off of the straight
way, * has thrown me into the ditch of many
sins on an impassable byway, * and the hellion
dares to vaunt * as he beholds me completely
fallen down. * So with the sword of your
intercessions, O Virgin, * smite him down and
free me from his snares, * since you are most
compassionate.

Ἦχος γ'.
Σάββατον
Στιχηρὸν Α'.

Ναόν με τοῦ σεπτοῦ σου Πνεύματος
 ἀπέργασαι, καθάρας τὰς κηλίδας, Χριστέ
 μου τῶν πταισμάτων, καταγώγιον δαιμόνων
 χρηματίζοντα νῦν, οὓς ἐξ ἐμοῦ ἔκβαλε, ὡς
 τοὺς μολύνοντας, πάλαι τὸ ἱερόν σου.

Στιχηρὸν Β'.

Ὁ θέλων πάντας σῶσαι Κύριε, ὡς
 εὖσπλαγχνος, ἁμαρτωλούς, δικαίους, καὶ μή
 τινα ὀλέσθαι, αὐτὸς ποιήσον ἓνα καὶ τῶν
 σωζομένων, τὸν ἀμελῶς ζήσαντα, καὶ τὰ σὰ
 προστάγματα, παραβλέψαντα Λόγε.

Στιχηρὸν Γ'.

Ὑπνώσας ἐν τῷ τάφῳ Χριστέ, ὡς
 ἄνθρωπος, δυνάμει ἀηττήτῳ, ἀνέστης
 συνεγείρας, τοὺς ἐν τοῖς μνημείοις
 κατοικοῦντας ἀπ' αἰῶνος· διὸ τοὺς
 κοιμηθέντας, πίστει ἀνάπαυσον, ἐν σκηναῖς
 αἰωνίοις.

Στιχηρὸν Δ'.

Ταῖς αὔραις τοῦ ἐχθροῦ ὡς κάλαμος
 ῥιπίζομαι, διηνεκῶς Παρθένε, ἀλλ' οἴκτειρον
 τὸν δοῦλόν σου, καὶ ταῖς τούτου καταιγίσι
 μὴ εἰς τέλος, ἐάσης με κλονεῖσθαι, ἀλλὰ
 στερέωσον, ἐν τῇ πίστει Κυρίου.

Στιχηρὸν Ε'.

Ὁ κλύδων τῶν παθῶν, συνέχων καὶ
 συμπνίγων με, διηνεκῶς ταραττει, τὴν
 ταπεινὴν ψυχὴν μου, καὶ ὠθεῖ εἰς ἀπογνώσεως
 βυθόν με, ἀλλὰ τὴν ζάλην ταύτην, Ἀγνή
 μετάβαλε, εἰς βαθεῖαν γαλήνην.

Mode 3.
Saturday
Sticheron 1.

Sticheron 2.

O Lord, You are compassionate and
 will that all be saved, * both sinners and the
 righteous, * that none go to perdition. * So,
 O Word of God, I pray You, make me also *
 one of those being saved, * though I have lived
 carelessly, * ignoring Your commandments.

Sticheron 3.

You slumbered in the grave as man, O
 Christ our God; * You rose again by virtue
 * of Your invincible power, * and together
 raised those dwelling in the tombs for ages.
 * Therefore grant rest unto those * who have
 reposed in faith * in the eternal dwellings.

Sticheron 4.

Sticheron 5.

Στιχηρὸν Ζ΄.

Παρθένε τὸν ἐκ σοῦ, τεχθέντα καθικέτευε,
τὴν ποιμήνην σου φυλάττειν, ἀλώβητον ἐκ
πάσης, ἐπιηρείας τοῦ ἀντικειμένου διαβόλου,
καὶ ἐκπληροῦν ἅπαντας, αὐτοῦ τὸ θέλημα,
ἐνδυνάμωσον Κόρη.

Ἦχος δ΄.

Δευτέρα

Στιχηρὸν Α΄.

Δεῦρο τάλαινα πρόσπεσον, τῷ Θεῷ
ἐν θερμότητι, τῶν δακρύων κράζουσα,
τὸ ἡμάρτηκα, ψυχὴ παμβέβηλε ἱλεων,
τὸν Κριτὴν ἀπέργασαι, πρὸ τοῦ τέλους
καὶ αὐτῷ, ἐκ καρδίας ἀνάκραζον· Μὴ
ἀπόση μου, στεναγμοὺς ὁ Θεός μου, μὴ
παρόψη, συντριβὴν μου τῆς καρδίας, ὃ
πολυεύσπλαγχνε Κύριε.

Στιχηρὸν Β΄.

Ἐν νυκτὶ καὶ ἡμέρᾳ τε, ὁ ἐχθρὸς ὁ
παμπόνηρος, πολεμῶν οὐ παύεται δελεάσαι
με, καὶ πρὸς ἀπώλειαν ἔλκει με, κακίας πρὸς
βάραθρα, ἀλλ’ ὥς μόνος ἀγαθός, τῆς αὐτοῦ
τυραννίδος με ἀπολύτρωσαι, καὶ παντοίας
ἀνάγκης, Ἰησοῦ μου, ὑπεράγαθε καὶ σῶσον, ἐκ
πολυτρόπων κολάσεων.

Στιχηρὸν Γ΄.

Οἰκητήριον γέγονα, λογισμῶν τῶν
θλιβόντων με, καὶ ἀλλοτριούντων με ἐκ σοῦ
Δέσποτα, τὰς ἐντολάς σου ἠθέτησα, ποιεῖν σου

Sticheron 6.

O Virgin, fervently entreat Him who was
born of you, * that through your intercessions
* He keep your flock uninjured * from the
machinations of the adversary devil, * O holy
Damsel, and grant * the strength to everyone *
to fulfill His divine will.

Mode 4.

Monday

Sticheron 1.

O you mis’rable soul of mine, * come and
fall down before your God, * and with tearful
fervor to Him say: I have sinned. * Before
the end, O unholy thing, * move the Judge
to clemency, * and wholeheartedly cry out *
unto Him who is merciful: * O most gracious
God, * disregard not my penitential sighing,
nor ignore my heart’s contrition, * O most
compassionate Lord of mine.

Sticheron 2.

The insidious enemy, * both at night and
throughout the day, * ceases not his efforts to
tempt me into sin, * unto perdition alluring
me * and to the abyss of vice. * But since
You alone are good, * have compassion and
rescue me * from his tyranny * and from
every necessity; and save me, O supremely
good Lord Jesus, * from every manner of
punishment.

Sticheron 3.

τὸ θέλημα, οὐκ ἠθέλησα ποτέ, ἀλλ' εὐδόκησον
Κύριε, ἐνοικήσαί μοι, διὰ πλῆθος ἐλέους, καὶ
διδάξαι, τοῦ ποιεῖν τὸ θέλημά σου, ὡς ἀγαθὸς
καὶ φιλόανθρωπος.

Στιχηρὸν Δ'.

Σοῦ τῆς θείας ἐλλάμπσεως, δεκτικὰ
καταγώγια, καὶ δοχεῖα πάνσεπτα,
κατεσκευάσας, τὰ τῶν Ἀγγέλων στρατεύματα,
καὶ θεῖα συστήματα, σοῦ τῆς δόξης θεωροῦς,
παραστάτας τοῦ θρόνου σου, τοὺς τὸν λόγον
σου, δυνατῶς ἐν ἰσχύϊ ἐκτελοῦντας, καὶ
συντόνως ἐκπληροῦντας, τὰς ἐντολάς σου
φιλόανθρωπε.

Στιχηρὸν Ε'.

Ἀγαθότητος πέλαγος, ἀναφαίνειν
βουλόμενος, ἀγαθὸς ὢν ἄναρχε, πρῶτον
ἔκτισας, παντοδυνάμῳ σου νεύματι, καὶ θείῳ
προστάγματι, τῶν Ἀγγέλων τοὺς χορούς,
καὶ δυνάμεων τάγματα· ὄντως ἔδει γάρ, τὸ
καλὸν ἐκχυθῆναι καὶ ὀδεῦσαι, καὶ ὡς πλείονα
γενέσθαι, τὰ σὰ δωρήματα Δέσποτα.

Στιχηρὸν Ϛ'.

Σεραφεῖμ ἑξαπτέρυγα, Χερουβείμ
πολύοματα, ἐπηρμένοι θρόνοι τε περιέπουσι,
τῆς φωτουργοῦ σου ἐλλάμπσεως, ἀμέσως
μετέχοντες, Κυριότητες Ἀρχαί, Ἐξουσίαι
Ἀρχάγγελοι, καὶ οἱ Ἄγγελοι, καὶ Δυνάμεις
αἱ θεῖαι τὴν σὴν δόξαν, Παντοκράτορ
εὐφημοῦντες, ὑπὲρ ἡμῶν δυσωποῦσί σε.

Sticheron 4.

You created the hierarchies * of the
Angels and regiments * of the hosts of
heaven by Your divine command * and
Your omnipotent beckoning, * as being
benevolent, * wishing thereby to display *
Your abundant benevolence. * For it had to be,
* O beginningless Master, that Your goodness
overflow and that it travel, * and thus become
greatly multiplied.

Sticheron 5.

Sticheron 6.

Ἦχος δ'.
Τρίτη
Στιχηρὸν Α'.

Τὴν Χαναanaίαν ζηλώσασα ψυχὴ μου,
 ὅπισθεν κολλήθητι, Χριστῷ καὶ κράζε συχνῶς.
 Ἐλέησόν με, ὦ Δέσποτα, παῖδα οὐκ ἔχω,
 δαιμονιῶσαν σάρκα δὲ ἄτακτον, δίωξον τὴν
 πύρωσιν, ἐκ ταύτης δέομαι, καὶ καταπαύσας
 τὰ ἄτακτα, τῶν σκιρτημάτων, νεκρὰν τῷ φόβῳ
 σου ἀποτέλεσον, ταῖς ἱκεσίαις τῆς ἀχράντως
 σε, συλλαβούσης Χριστὲ καὶ τεκούσης σε, καὶ
 τῶν πάντων Ἀγίων, Εὐεργέτα πολυέλεε.

Στιχηρὸν Β'.

Τοῖς Νινευῖταις ποτὲ ἡμαρτηκόσιν,
 Ἰωνᾶν ἐξέπεμψας, Χριστὲ κηρῦξαι αὐτοῖς,
 οἱ μεταγνόντες μετέβαλον, θυμὸν εἰς οἶκτον
 ἀπολυτρούμενοι ἐξ ὀλεθρίου ὀργῆς· πέμψον
 οὖν Φιλάνθρωπε, τῷ ἀναξίῳ κἄμοί, ἵν'
 ἐπὶ τὴν κραταιάν σου βοήθειαν, στρέψω,
 ἐξ ἀμετρήτων μου παραπτώσεων, καὶ
 μετανοίας εἰς τὰς τρίβους, ὁδηγηθῶ τε καὶ
 κλαύσω στενάζων πικρῶς, τῶν πολλῶν μου
 πταισμάτων, λυτρωθῆναι τῷ ἐλέει σου.

Στιχηρὸν Γ'.

Ὁ εἰς τὸν κόσμον ἐλθὼν διὰ τὸ σῶσαι,
 βροτοὺς ἁμαρτάνοντας, καὶ πρὸς μετάνοιαν,
 καλέσαι τούτους ὡς εὐσπλαγχνος, κἄμὲ
 Οἰκτίρμον, τὸν ὑπὲρ πάντας σε παροργίσαντα,
 οἰκτείρησον, σῶσόν με, δι' ἀγαθότητα, καὶ
 πρὸς ὁδὸν με ὁδήγησον, τῆς μετανοίας, καὶ

Mode 4.
Tuesday
Sticheron 1.

Be, O my soul, like the Canaanite woman.
 * Cleave to Christ and frequently cry out
 to Him with faith: * O Lord, have mercy
 on me, I pray. * I have no daughter * but
 my demoniac and unruly flesh. * Cast out
 hardness from therein, I fervently beseech, *
 and while arresting the throbbings of * unruly
 movements, * completely deaden it by the fear
 of You, * at the entreaties of the Maiden who *
 both conceived You, O Christ, and gave birth
 to You * without stain, and of all Saints, *
 Benefactor greatly merciful.

Sticheron 2.

The Prophet Jonah You sent of old, O
 Savior, * to preach to the Ninevites; for they
 had greatly sinned. * When they repented,
 Your anger changed * into compassion, * and
 they were saved from the devastating wrath.
 * Hence, O You who love mankind, send also
 unto me, * who am unworthy, Your mighty
 aid, * that I may likewise * return from my
 own countless iniquities, * and be directed to
 the trodden paths * of repentance, and weep
 sighing bitterly, * so that I be delivered * by
 Your mercy from my many sins.

Sticheron 3.

λογισμόν μοι δὸς κατανύξεως, κατασκευάσας
τὴν καρδίαν μου, ταπεινήν, καὶ ἀπλήν
ἀπερίεργον, καὶ πραεῖαν Σωτήρ μου, τῇ σῇ
χάριτι ὡς εὖσπλαγχνος.

Στιχηρὸν Δ'.

Τὴν ἀμαυρωθεῖσάν μου, ψυχὴν κακίᾳ τοῦ
ὄφους, Ἰωάννη μακάριε, φώτισον πρεσβείαις
σου, καὶ εὐθείαις τρίβοις, ὁδήγησον βαίνειν,
ταῖς εἰσαγούσαις πρὸς ζωὴν, τὴν μακαρίαν
καθικετεύω σε, ἵνα προθύμως πάντοτε,
δοξολογῶ σε πανθαύμαστε, ὁ ἀχρεῖος οἰκέτης
σου, ὡς τυχὼν τῆς αἰτήσεως.

Στιχηρὸν Ε'.

Τῆς στείρας ὡς βλάστημα, ὑπάρχων τίμιε
Πρόδρομε, τὴν ψυχὴν μου στερεῖουσάν,
παντοίων ἐκ πράξεων, ἀγαθῶν παμμάκαρ,
ποίησον εὐχαῖς σου, καρποὺς προσφέρειν τῷ
Θεῷ, ἐν μετανοίᾳ καθικετεύω σε, ὅπως τὰς
ἀριστείας σου, καὶ τὴν θερμὴν προστασίαν
σου, μεγαλύνω σφζόμενος, ὁ ἀχρεῖος οἰκέτης
σου.

Στιχηρὸν Ϛ'.

Κριτὰ δικαιοσύνη, καρδιογνώστα
φιλόανθρωπε, καὶ Θεὲ ἀμνησίκακε, ἐν ᾧ ῥα
τῆς κρίσεως, μή με κατασχύνῃς, τὸν ἄσωτον
Λόγε, ἀλλὰ τοῦ Θεοῦ Βαπτιστοῦ, σεπταῖς
πρεσβείαις νῦν ἐπικάμφοιτο, καὶ σῶσόν με
τὸν δαίμονα, καθικετεύω καὶ δέομαι, Ἰησοῦ
υπεράγαθε, ὁ Σωτήρ τῶν ψυχῶν ἡμῶν.

Sticheron 4.

By the serpent's wickedness has my
unfortunate soul been dimmed. * Hence, I pray
you, illumine it * through your intercessory
prayers. And direct me * to walk on the
straight paths which lead unto the blessed
life, * I supplicate you, O blessed Baptist
John, * that I your worthless suppliant, having
succeeded in my request, * may with zeal
always glorify * you, O wonderful man of
God.

Sticheron 5.

Sticheron 6.

Ἦχος δ'.
Τετάρτη
Στιχηρὸν Α'.

Ἐκ γῆς με τὸ πρότερον, δημιουργήσας
Φιλάνθρωπε, σὴ εἰκόνι ἐτίμησας, τρυφὴν
χαρισάμενος, τὴν ἐν Παραδείσῳ, καὶ γνώσεως
ξύλῳ, δελεασθέντα καὶ φθορᾷ, ὑποπεσόντα
πάλιν ἀνέστησας, βροτὸς αὐτὸς γενόμενος, καὶ
σταυρωθεὶς ὁ ἀθάνατος, διὰ ἔλεος ἄμετρον,
καὶ πολλὴν συγκατάβασιν.

Στιχηρὸν Β'.

Οἶκτον δι' ἀμέτρητον, ὁ Ποιητὴς μου
καὶ Κύριος, μὴ λιπὼν τὸν Γεννήτορα, τῇ γῇ
ἐπεδήμησεν, ἑαυτὸν κενώσας, μορφὴν τε
τῶν δούλων, ἀναλαβὼν ὡς ἀγαθός, ἐκ τῆς
Παρθένου, καθὼς ἠυδόκησε· καὶ Σταύρωσιν
ὑπέμεινε, σαρκὶ παθὼν ὁ ἀθάνατος, καὶ τὸν
θάνατον ἔλυσε, καὶ τὸν ἄνθρωπον ἔσωσε.

Στιχηρὸν Γ'.

Σταυρούμενος Δέσποτα, τὴν ἁμαρτίαν
ὡς εὐσπλαγχνος, ἑαυτῷ συνεσταύρωσας,
ἀρὰν δὲ ἐξήλειψας, τρήσει τῇ τῶν ἡλῶν, καὶ
τοῦ Πρωτοπλάστου, λόγχῃ νυγείς σου τὴν
πλευράν, Χριστέ διέρρηξας τὸ χειρόγραφον,
ὑμνῷ σου τὰ Παθήματα, δοξολογῷ σου τὴν
Ἑγερσιν, δι' ἧς πάντας ἐζώωσας, νεκρωθέντας
τοῖς πάθεσιν.

Στιχηρὸν Δ'.

Τὸν ῥύπον ἀπόσμηξον, τῆς ταλαιπώρου
καρδίας μου, Θεοτόκε πανύμνητε, καὶ πάντα
τὰ τραύματα, καὶ τὰ ἔλκη ταύτης, τὰ ἐξ
ἁμαρτίας, ἐναποκάθαρον Ἀγνή, καὶ τοῦ νοός

Mode 4.
Wednesday
Sticheron 1.

At first You created me from earth, O
Lover of humankind. * With Your image You
honored me * and granted me the delight *
which was in the Garden. * And when I was
lured by the tree of knowledge and I fell *
into corruption, You raised me up again, *
Immortal One, yourself becoming mortal and
being crucified, * out of great and rich mercy
and * condescension immeasurable.

Sticheron 2.

Sticheron 3.

O Lord, being merciful, when You were
crucified, with yourself * did You crucify
sin as well. * By the puncture of the nails *
did You blot the curse out; * and by being
lanced in the side did You, O Christ our God,
* tear up the bond of the first created man. *
I magnify Your sufferings; Your resurrection
I glorify * through which everyone who was
dead * in the passions was brought to life.

Sticheron 4.

Wipe away the sordidness, all-lauded
Mother of God, I pray, * from this mis'erable
heart of mine, * disinfecting all its wounds
* and its ulcerations * which were generated

μου στήσον τὸ ἄστατον· ὅπως τὴν δυναστείαν σου, καὶ τὴν μεγάλην ἀντίληψιν, μεγαλύνω ὁ ἄθλιος, καὶ ἀχρεῖος οἰκέτης σου.

Στιχηρὸν Ε΄.

Τὸ χαῦνον καὶ ἔκλυτον, Παρθενομήτορ Πανάμωμε, τῆς ψυχῆς μου μετάβαλε, εἰς ῥῶσιν καὶ δύναμιν, τοῦ φόβῳ καὶ πόθῳ, ποιεῖν τε καὶ πράττειν, τὰ δικαιώματα Χριστοῦ, ὅπως ἐκφύγω τὸ πῦρ τὸ ἄστεκτον, καὶ κλῆρον τὸν οὐράνιον, καὶ τὴν ζωὴν τὴν ἀπέραντον, διὰ σοῦ ἀπολήψωμαι, εὐφραινόμενος πάντοτε.

Στιχηρὸν Ϛ΄.

Ζόφος φοβερώτατος, ὁ τοῦ θανάτου Θεόνυμφε, τὴν ψυχὴν κατατρύχει μου, τὸ δὲ λογοθέσιον, ἐξιστᾶν καὶ τρέμειν, αἰεὶ τῶν δαιμόνων, παρασκευάζει Ἀγαθή, ἐξ ὧν με ῥῦσαι τῇ δυναστείᾳ σου, Παρθένε ἀπειρόγαμε, καὶ πρὸς λιμένα σωτήριον, καὶ πρὸς φῶς τὸ ἀνέσπερον, τῶν ἁγίων κατὰταξον.

Ἦχος δ΄.

Πέμπτη

Στιχηρὸν Α΄.

Στερόροτάτῳ φρονήματι, στρατευσάμενοι ἔνδοξοι, κατὰ τοῦ ἀλάστορος παρετάξασθε, τῇ πανοπλίᾳ τοῦ Πνεύματος, γενναίως φραζάμενοι, καὶ τὴν ἅπασαν ἰσχύν, τῶν δαιμόνων ὀλέσαντες, ἀφηρπάσατε, τὰς ψυχὰς

by sin, O pure one; and arrest * the instability of my intellect, * that even I your wretched servant, I your unworthy suppliant, * might be able to magnify * your great help and ascendancy.

Sticheron 5.

O all-blameless Virgin Mother, change the frivolous character * of my soul and its feebleness * to strength and empowerment, * to perform the statutes * and all the commandments of Christ with fear and love of God, * that I be spared from the unbearable fire, * and also be an heir of heaven and receive everlasting life, * all through you, O all-holy one, * and be happy forevermore.

Sticheron 6.

Bride of God, the thought of awful gloom and darkness of death alarms * and unsettles my sorry soul. * The thought that the demons will inspect all my actions * should cause me to tremble * in fear, O Lady; so I pray * that by your might you deliver me from them. * O unwed ever-virgin Mary, may I land safely at the port * of salvation, where all the saints * dwell in God's never-setting light.

Mode 4.

Thursday

Sticheron 1.

τῶν ἀνθρώπων, ὥσπερ σκῦλα· διὰ τοῦτο εἰς αἰῶνας, ὑμᾶς τιμῶμεν Ἀπόστολοι.

Στιχηρὸν Β΄.

Σταυροτύπως ἀπλώσασα, τὴν σαγήνην τῆς Πίστεως, δωδεκάς ἡ θεία τῶν Ἀποστόλων σου, πάντα τὰ ἔθνη ἐζώγρησε, Χριστέ πρὸς ἐπίγνωσιν, καὶ θαλάσσας ἀλμυράς, τῶν παθῶν ἀπεξήρανε· διὰ τοῦτό σε, δυσωπῶ, τοῦ βυθοῦ με τῶν πταισμάτων, ἀνακάλεσαι ταῖς τούτων, πανευπροσδέκτοις δεήσεσι.

Στιχηρὸν Γ΄.

Δωδεκάς ἡ θεόλεκτος, Ἀποστόλων καὶ πάντιμος, εὐφημείσθω σήμερον θείοις ἄσμασι, Πέτρος καὶ Παῦλος Ἰάκωβος, Λουκᾶς Ἰωάννης τε, καὶ Ματθαῖος καὶ Θωμᾶς, Μᾶρκος Σίμων καὶ Φίλιππος, καὶ ὁ ἔνδοξος, νῦν Ἀνδρέας τιμάσθω, σὺν τῷ θείῳ, καὶ σοφῷ Βαρθολομαίῳ, καὶ τοῖς λοιποῖς ἐβδομήκοντα.

Στιχηρὸν Δ΄.

Μύρω θείῳ σε ἔχρισε, θεία χάρις τοῦ Πνεύματος, Μύρων προεδρεύσαντα καὶ μυρίσαντα, ταῖς ἀρεταῖς ιερώτατε, τοῦ κόσμου τὰ πέρατα, ἡδυπνόοις σου εὐχαῖς, τὰ δυσώδη διώκοντα, πάθη πάντοτε· διὰ τοῦτό σε πίστει εὐφημοῦμεν, καὶ τὴν μνήμην σου τελοῦμεν, τὴν παναγίαν Νικόλαε.

Στιχηρὸν Ε΄.

Ὡς λαμπτήρᾳ σε ἄδυτον, ὡς φωστῆρα παγκόσμιον, ἐν τῷ στερεώματι ἀναλάμπσαντα, τῆς Ἐκκλησίας Νικόλαε, καὶ κόσμον

Sticheron 2.

Having spread out the net, O Christ, * of the Faith in a cruciform, * Your divine Apostles' twelve-numbered company * brought in the catch of the nations all * unto knowledge of the truth, * and they caused the salty seas * of the passions to desiccate. * Therefore I beseech, * through their prayers which are always well accepted, call me back again, O Savior, * out of the deep of iniquities.

Sticheron 3.

Let us sing now in holy song * and today praise the company * of divinely chosen all-honorable twelve * Apostles Peter and Paul and James, * with Andrew the glorious, * and divine beloved John, * Philip, Matthew, Iakovos, * wise Bartholomew, * Thomas, Thaddaeus, Simon called the Zealot, praising Mark and Luke together * with all the rest of the seventy.

Sticheron 4.

Sticheron 5.

You the unwaning beacon light * and the lamp of the universe, * who have brightly shone in the Church's firmament, * O holy

φωτίσαντα, καὶ κινδύνων χαλεπῶν, τὴν
ἀχλὺν ἀπελαύνοντα, καὶ ἐξαίροντα, ἀθυμίας
χειμῶνα, καὶ γαλήνην, ἐργασάμενον βαθεῖαν,
χρεωστικῶς μακαρίζομεν.

Στιχηρὸν Σ'.

Καὶ παρῶν καὶ φαινόμενος, ἐν ὀνείροις
Νικόλαε, τοὺς ἀδίκως μέλλοντας θνήσκειν
ἔσωσας, ὡς συμπαθής, ὡς φιλάγαθος, ὡς
ρύστης θερμότατος, ὡς προστάτης ἀληθής,
τῶν πιστῶς ἐξαιτούντων σου, τὴν ἀντίληψιν,
ιερώτατε Πάτερ, τῶν Ἀγγέλων, συμπολῖτα τῶν
ὁσίων, καὶ Προφητῶν ἰσοστάσει.

Ἦχος δ'.
Παρασκευὴ
Στιχηρὸν Α'.

Ὅτε σε σταυρούμενον, ἡ κτίσις πᾶσα
ἐώρακεν, ἡλλοιοῦτο καὶ ἔτρεμεν, ἡ γῆ
δὲ ἐσειέτο, ὅλη κλονουμένη, μακρόθυμε
Λόγε, τὸ καταπέτασμα ναοῦ, φόβῳ ἐσχίσθη
ὕβριζομένου σου, καὶ πέτραι διερράγησαν, ἀπὸ
τοῦ φόβου καὶ ἥλιος, τὰς ἀκτῖνας συνέστειλε,
ποιητὴν σε γινώσκοντα.

Στιχηρὸν Β'.

Ῥήγνυται χειρόγραφον, τὸ ἀπ' αἰῶνος
νυγείσης σου, τῆς πλευρᾶς πολυέλεε,
Ἀδὰμ τοῦ προπάτορος, καὶ ἡ ἀπωσμένη,
φύσις τῶν ἀνθρώπων, ῥανίσιν αἵματος τοῦ
σοῦ, καθαγιάζεται ἀνακράζουσα· Δόξα τῇ
δυναστείᾳ σου, δόξα τῇ θείᾳ σταυρώσει σου,

father Saint Nicholas, * illumining all the
world * and dispelling the adverse * gloom
of difficult dangers and * lifting up the storm
* of depressing despondency, and bringing
a deep stillness and profound calm, * do we
pronounce blessed gratefully.

Sticheron 6.

Mode 4.
Friday
Sticheron 1.

All creation underwent an alteration and
shook with fear * when it witnessed You
crucified. * The earth altogether quaked, *
trembling in confusion. * And the Temple's
curtain from fear was also torn in two, * when
You were outraged, forbearing Word of God. *
And then the rocks themselves did split apart,
for they too were horrified. * And the sun,
recognizing You * its Creator, withheld its
rays.

Sticheron 2.

Savior, when Your side was pierced, the
bond that from the beginning stood * against
Adam our ancestor, * was cancelled and torn
apart; * and our human nature, * which of old
was banished, * is sanctified now by Your
blood, * O very merciful Lord. We sing to

Ἰησοῦ παντοδύναμε, ὁ Σωτὴρ τῶν ψυχῶν
ἡμῶν.

Στιχηρὸν Γ'.

Πῶς ὁ ἀνομώτατος, δῆμος τολμᾷ
κατακρῖναί σε, τὸν Κριτὴν τὸν ἀθάνατον, τὸν
νόμον χαράξαντα, ἐν ἐρήμῳ πάλαι, Μωσῇ
τῷ θεόπτη; πῶς ἐπὶ ξύλου τὴν ζωὴν, τὴν
τῶν ἀπάντων ὀρῶντες θνήξασαν, οὐδόλως
ἐπτοήθησαν, οὐδ' ἐπὶ νοῦν ἐλογίσαντο, ὅτι σὺ
μόνος Κύριος, καὶ Δεσπότης τῆς κτίσεως;

Στιχηρὸν Δ'.

Δαιμόνων κλονούμενον, ταῖς προσβολαῖς
καὶ εἰς βάραθρον, ἀπωλείας ὠθούμενον,
οἰκτείρησον Δέσποινα, καὶ στερέωσόν
με, ἀρετῶν ἐν πέτρᾳ καὶ τὰς βουλάς τῶν
δυσμενῶν, διασκεδάσασα καταξίωσον, ποιεῖν
με τὰ προστάγματα, τοῦ σοῦ Υἱοῦ καὶ Θεοῦ
ἡμῶν, ὅπως τύχω ἀφέσεως, ἐν ἡμέρᾳ τῆς
κρίσεως.

Στιχηρὸν Ε'.

Λησταῖς περιέπεσα, τοῖς μαιφόνοις
Πανάμωμε, καὶ τὸ ἄφθαρτον ἔνδυμα, τῆς ἁνῶ
λαμπρότητος, ταῖς τούτων ἐφόδοις, ἐξεδύθην
Κόρη, καὶ ὑπ' αὐτῶν ἀνηλεῶς, ἐτραυματίσθην
καὶ καταβέβλημαι, ἐν τόπῳ τῆς κακώσεως,
ἡμιθανὴς ἀλλὰ πρόφθασον. Καὶ τὴν χεῖρά σου
ἔκτεινον, καὶ ἀνάστησον δέομαι.

Στιχηρὸν Σ'.

Ἐν κλίνῃ κατάκειμαι, τῆς ἀμελείας
Πανάμωμε, καὶ ῥαθύμως διέρχομαι, τὸν

You: * O Jesus the almighty Savior of our
souls, we all glorify * your dominion, extolling
Your * crucifixion that saved the world.

Sticheron 3.

How did that most lawless people dare
pass judgment, condemning You * the divine
and immortal Judge * Who yourself inscribed
the Law * of old in the desert * for Moses who
saw God? How was it that when they beheld *
the Life of all men to die upon the Cross * they
neither were afraid at all, nor in their minds did
they reckon that * truly You are the only Lord
* and Master of creation all?

Sticheron 4.

I am being shaken by assaults of demons
and to the pit * of perdition am being thrust,
* O Lady; so pity me, * and also confirm me
* on the rock of virtue. And when you scatter
to the winds * the plans the enemies have in
store for me, * then grant me to fulfill every
divine command of your Son and God, * so
that I might obtain complete * absolution on
Judgment Day.

Sticheron 5.

Sticheron 6.

I am lying on the bed of my indifference,
O blameless Maid; * I am wasting my life

βίον καὶ δέδοικα, τὸν τῆς τελευτῆς μου,
καιρὸν Θεοτόκε, μὴ ὥσπερ λέων ἀφειδῶς,
διασπαράξῃ ὁ ὄφεις ὁ τὴν ταπεινὴν μου ψυχὴν,
παμπόνηρος· διὸ τῇ σῇ ἀγαθότητι, πρὸ τοῦ
τέλους προφθάσασα, πρὸς μετάνοιαν, ἔγειρον.

Ἦχος δ'.
Σάββατον
Στιχηρὸν Α'.

Σύντριψον Κύριε ὁ Θεός μου, τὰ
θανατηφόρα πάθη τὰ τῆς καρδίας μου· ἐὰν
γὰρ σὺ καταλύσῃς οἶκον, τῆς σαρκὸς καὶ
κτίσῃς οἶκον τοῦ πνεύματος, εἰς μάτην ἐστὶ
φυλάσσω, ὁ πολεμῶν τὴν ψυχὴν μου, Κύριε,
πρὶν εἰς τέλος ἀπόλωμαι, σῶσόν με.

Στιχηρὸν Β'.

Δῶρον καὶ μάστιγά μοι παιδείας,
τὸν ἐχθρὸν Οἰκτίρμον πρὸς τὸ συμφέρον
δέδωκας· τὸ γὰρ κακὸν αὐτοῦ συνεργεῖ μοι,
προαιρέσει οὐκ ἀγαθῇ εἰς καλόν· ἐγὼ δέ σοι οὐ
προσφεύγω, δι' εὐχῆς εὐχαρίστου. Κύριε, πρὶν
εἰς τέλος ἀπόλωμαι, σῶσόν με.

Στιχηρὸν Γ'.

Πάθη καὶ θάνατον κατεδέξω, δι' ἐμὲ ἵνα
παθῶν καὶ θανάτου φθορᾶς, ἐλευθερώσῃς ὡς
ζωοδότης, καὶ τὴν πρὶν ἀπάθειαν ἀποδώσῃς
μοι· διό με κείμενον Σῶτερ, τῆς ἁμαρτίας ἐν
τάφῳ, ἔγειρον, πρὶν αἰώνιος θάνατος, λάβῃ με.

Στιχηρὸν Δ'.

Δέσποινα, Δέσποινα λύτρωσαί με, ἀπὸ
τῶν αἰσχυρῶν καὶ ρυπαρῶν ἐνθυμήσεων, ὅτι

away. * Therefore I am so afraid * of my final
hour, * lest that wicked snake mercilessly like
a lion snatch * my humble soul and with glee
tear it apart. * O ever-blessed Theotokos, for
this reason I pray to you: * In your goodness
make me get up * for repentance before the
end.

Mode 4.
Saturday
Sticheron 1.

Shatter, O Master and God, the passions *
of my wretched heart, for they are the carriers
of death. * If You yourself demolish the house
of * the flesh and build the house of the spirit
in its stead, * then he who wages the warfare
* upon my soul watches vainly. * Save me
before I utterly perish, O Lord my God.

Sticheron 2.

You gave the enemy for my welfare * as
a gift and scourge of discipline, tender-loving
God. * For notwithstanding his evil purpose,
* his wickedness cooperates with me for the
good. * Yet I do not flee for refuge * unto
You through thanksgiving. * Save me before I
utterly perish, O Lord my God.

Sticheron 3.

Sticheron 4.

μολύνουσι τῆς ψυχῆς μου, τὰς αἰσθήσεις
πάσας καὶ τὰς τοῦ σώματος· διὸ Ἄγνη δέομαί
σου, ἐν μετανοίᾳ κραυγάζων· Δέσποινα, πρὶν
εἰς τέλος ἀπόλωμαι, σῶσόν με.

Στιχηρὸν Ε΄.

Οἶμοι! τί γένωμαι, τί ποιήσω, δουλωθεὶς
τοῖς πάθεσιν ἀπὸ νεότητος; ἄρα δυνήσομαι
κἂν ἐν γήρᾳ, καρποὺς μετανοίας Χριστῷ
ἐνδείξασθαι; ἡ γὰρ συνήθεια μόνη, καὶ πρὸ
τοῦ πλάνου πλανᾷ με. Δέσποινα, πρὶν εἰς τέλος
ἀπόλωμαι, σῶσόν με.

Στιχηρὸν Ϛ΄.

Δάκρυα δίδου μοι Θεοτόκε, καὶ
συντετριμμένην ποίησον τὴν καρδίαν μου,
ἐξομολόγησίν τε παράσχου, τῶν βεβιωμένων
μοι παραπτώσεων, ἵνα τῇ σῇ βοηθείᾳ, ἐν
μετανοίᾳ διέλθω, τὸν τῆς ζωῆς μου χρόνον καὶ
τύχῳ ἀνέσεως.

Ῥῆχος πλ. α΄.

Δευτέρα

Στιχηρὸν Α΄.

Οἶμοι τῷ παροργίσαντί σε, τὸν ἐλεήμονα
Θεόν μου καὶ Κύριον! ποσάκις ἐπηγγειλάμην,
μετανοῆσαι Χριστέ, καὶ ψευδὴς εὐρέθην
ὁ ἀνόητος! Τὸ πρὶν τοῦ Βαπτίσματος,
κατερρύπωσα ἔνδυμα, τῶν συνθηκῶν τε,
τῶν πρὸς σέ μου ἡλόγησα, καὶ τὸ δεύτερον,
πάλιν τοῦτο ἐπάγγελμα, ὃ σοὶ καθωμολόγησα,
Ἀγγέλων ἐνώπιον, καὶ τῶν ἀνθρώπων
τὸ σχῆμα, τὸ πένθιμον ἐνδυόμενος, εἰμὶ

Sticheron 5.

Sticheron 6.

Mother of God, grant me tears, I pray
you; * also make my stony heart to be humble
and contrite. * Grant me to make a complete
confession * of the sinful actions of my entire
life, * that I may pass the remainder * of my
life in repentance, * with your help, and obtain
the remission of all my sins.

Mode pl. 1.

Monday

Sticheron 1.

Woe be to me who moved You to wrath,
* O my compassionate and merciful Lord and
God! * How many times I have promised,
* O Christ, that I would repent * and turned
out a liar, mindless that I am! * My former
baptismal robe have I soiled entirely * and
disregarded the agreements I made with You.
* And a second time, I have broken my vows
to You. * For after having freely donned * this
habit of mournfulness, * having professed my

ἀθετήσας, λοιπὸν Σῶτερ μὴ εἰς τέλος, ἀφῆς
ὀλέσθαι με.

Στιχηρὸν Β΄.

Ποίαν ἀπολογίαν ψυχὴ, ἔχεις ἀθλία ἐν
ἡμέρᾳ τῆς κρίσεως; ἢ τίς σε τῆς καταδίκης,
τοῦ αἰωνίου πυρός, καὶ πασῶν βασάνων
ἐξαίρησεται; οὐδεὶς εἰμὴ σὺ σαυτῇ, ἰλεώσῃ
τὸν εὐσπλαγχνον, τὰς ἀθεμίτους, καταλείψασα
πράξεις σου, καὶ θεάρεστον, κτησαμένη
βιότευσιν, κλαίουσα καθ’ ἐκάστην σου,
τὰ ἄπειρα σφάλματα, ἅπερ καθ’ ὥραν
προσπταίεις, ἔργῳ καὶ λόγῳ ἐννοίᾳ τε,
Χριστὸν αἰτουμένη, παρασχεῖν σοι τὴν
τελείαν, τούτων συγχώρησιν.

Στιχηρὸν Γ΄.

Μὴ μου κατακρατεῖτω Σωτήρ, τῆς
ἀμαρτίας ἢ συνήθεια ἔλκουσα, μηδέ μου
κυριεύτω, δαίμων ἀεὶ πολεμῶν, καὶ
καταφερέτω πρὸς τὸ θέλημα, αὐτοῦ, ἀλλ’
ἐξάρπασον, τῆς αὐτοῦ δεσποτείας με, καὶ
τυραννίδος, καὶ ζοφώδους κολάσεως, καὶ
βασιλεύων ἐν ἐμοὶ σὺ φιλόανθρωπε, ὅλον τε
σὸν γενέσθαι με, καὶ ζῆν καταξίωσον, κατὰ τὸ
θέλημα Λόγε, τὸ σὸν καὶ ἔχειν ἀνάπαυσιν, ἐν
σοὶ καὶ εὐρεῖν με, ἰλασμὸν καὶ σωτηρίαν, καὶ
μέγα ἔλεος.

Στιχηρὸν Δ΄.

Λύμη με τῶν παθῶν τυραννεῖ, καὶ τῆς
καρδίας μου τὰς κόρας ἐζόφωσε, καὶ βλέπειν
οὐ σθένω ὅλως, τὰς σωτηρίους ὁδοὺς, προῖων

vocation * in front of men and the Angels too,
* unfaithful have I been. * So, O Savior, do not
leave me to perish utterly.

Sticheron 2.

What kind of a defense will you have * the
day of judgment, O unfortunate soul of mine?
* Or who from the condemnation * of the
continual fire * and from all the tortures then
shall rescue you? * Nobody unless you cease *
to commit your unlawful acts, * and rather take
hold of a God-pleasing way of life, * weeping
daily for your uncountable trespasses * into
which you fall every hour * in word, deed, and
thought as well; * and pray to Christ that He
grant you * complete forgiveness for all of
them. * And thus you will make Him * who
is known for His compassion propitious unto
you.

Sticheron 3.

Sticheron 4.

Holy Archangels, I am distressed * by
the excretions of the passions which fill like
rheum * the eyes of my heart and darken

πλανῶμαι, καὶ κρημνίζομαι, δεινῶς εἰς τὰ
βάραθρα, τὰ τοῦ Ἄδου Ἀρχάγγελοι, τῶν
δὲ θαυμάτων, τῶν ὑμῶν μιμνησκόμενος,
θεραπεύομαι, ἀπὸ πάσης τῆς νόσου μου,
ἴδοιμι τὴν εὐμένειαν, ὑμῶν νῦν ταχύτατα,
σπεύσατε σβέσαι τὴν φλόγα, τὴν τῶν παθῶν
μου πανσέβαστοι, πρὸς φῶς ὁδηγοῦντες,
σωτηρίας με καὶ λύσιν, κακῶν μοι νέμοντες.

Στιχηρὸν Ε΄.

Ἦσχε τὸν τῆς εὐκλείας βαθμόν, τῆς καθ’
ὑμᾶς ὁ πονηρός, Ἀρχιστράτηγοι, ὁ πρῶην
ὡς Ἐωσφόρος, συνανατέλλων ὑμῖν, ἀλλ’ ἐκ
πονηρίας ὁ ἀντίπαλος, εἰς γῆν κατενήνεκται,
καὶ τῷ σκότει ζεζόφωται, καὶ σὺν αὐτῷ με,
καταρράζαι ἐπείγεται, τιμηθέντα με, τῇ εἰκόνι
τοῦ πλάσαντος, ὅμως εἰ καὶ προπέπτωκα,
Χριστός με ἀνέστησε· φάνητε οὖν μοι
προστάται, καὶ προμηθεῖς καὶ ἐπίκουροι, σοφοὶ
τῷ ἀθλίῳ, σωτηρίαν μοι αἰτοῦντες, καὶ μέγα
ἔλεος.

Στιχηρὸν Ϛ΄.

Ἦδει με κατ’ εἰκόνα Θεοῦ, γεγεννημένον
καὶ ὑμῖν συναρίθμιον, μηδ’ ὅλως
καθυποκῦψαι, τῷ πονηρῷ φεῦ! ἐχθρῷ, ἀλλὰ
συμβουλία τοῦ ἀλάστορος, ὑμᾶς οὐκ ἐζήλωσα,
ἐντολὴν δὲ ἠθέτησα, καὶ ἐκπέπτωκα, τῆς
τιμῆς τοῦ ποιήσαντος, Ἀρχιστράτηγοι, καὶ
δουλεία καθέλκομαι, ὅμως περιπαρέντα με,
τοῖς πάθεσι βλέποντες, δότε μοι χεῖρα πρὸς
τρίβον, τὴν ἀνωτάτω με φέρουσιν, τυχεῖν
σωτηρίας, ἐξαιτοῦντές μοι καὶ κάλλους,
ἀρχαίαν εὐκλειαν.

them; * and I cannot see at all * the ways to
salvation. Hence, as I proceed, * I wander
about and fall * badly into the pit of hell. * But
when recalling all your marvelous miracles,
* I receive the healing of all my infirmity. *
O that I might now quickly see * your kindly
goodwill towards me! * Hasten and put out the
flames of * my passions, O spirit messengers.
* Release me from evils * and direct me to the
light of salvation evermore.

Sticheron 5.

Sticheron 6.

Ἦχος πλ. α'.**Τρίτη
Στιχηρὸν Α'.**

Λῦσόν μου τῆς καρδίας Σωτήρ, τὴν ἐκ
δαιμόνων γενομένην μοι πώρωσιν, καὶ δός
μοι δακρύων ὄμβρους, τῆς μετανοίας ὡς ἄν,
τὰ πολλὰ θρηνήσω μου ἐγκλήματα, καὶ πᾶν
τὸ ῥυπαῖνον, τὸν λογισμόν μου ῥυφθήσωμαι,
καὶ τοῦ τῆς λήθης, σκοτασμοῦ λυτρωθήσωμαι,
καὶ ἀρθήσωμαι, πρὸς καλῶν κατανόησιν,
πρόσχεσ μοι καὶ εἰσάκουσον, ἰλάσθητι Κύριε,
καὶ τὴν ἀθλίαν ψυχὴν μου, τῶν τυραννούντων
ἀπάλλαξον, παθῶν ὅπως εὖρω, ἐν σοὶ ἄνεσιν
καὶ πράττω, τὰ σὰ θελήματα.

Στιχηρὸν Β'.

Χεῖλη μεμολυσμένα κινῶ, καὶ ῥυπαρὰς
χεῖρας πρὸς σὲ Ὑπεράγαθε, καρδίαν
συγκεχωσμένην, τοῖς πονηροῖς λογισμοῖς,
ὀφθαλμοὺς τυφλώττων ὁ πανάθλιος, ψυχὴν
περιφέρω, ἐσκοτισμένην τοῖς πάθεσι,
καὶ ταῖς ἀτόποις, ἡδοναῖς ὁ παμβέβηλος
συγκαλύπτομαι, καὶ οὐκ ἔχω ἀνάνευσιν,
ἔκτεινον τὰς ἀχράντους σου, παλάμας
φιλόανθρωπε, σῶσόν με Σῶτερ βοῶ σοι,
καὶ μολυσμοῦ ἀποκάθαρρον, πολλῶν
ἐγκλημάτων, καὶ δεινῶν ἐπερχομένων, ὡς
πολυεύσπλαγχνος.

Στιχηρὸν Γ'.

Ψῦξον τοὺς ὀχετοὺς Ἰησοῦ, τοὺς
θολερούς, καὶ τοὺς χειμάρρους ἀνάστειλον,
καὶ ὄμβρους πολλῶν δακρύων, ἐν κατανύξει
ψυχῆς, ἀγαθὲ παράσχου τῇ καρδίᾳ μου,

Mode pl. 1.**Tuesday
Sticheron 1.**

Savior, dissolve my hardness of heart *
which has resulted from demonic activity,
* and grant unto me in torrents * tears of
repentance, that I * may lament my many
grave iniquities, * and also may wash myself
* clean of all that pollutes my thoughts, * and
from the darkness of forgetfulness be released,
* and may rise unto a perception of what is
good. * Hearken unto me and attend. * Be
gracious to me, O Lord, * and set me free from
the passions * that are oppressing my wretched
soul, * that I might in You find * relaxation
and may function according to Your will.

Sticheron 2.

Good Lord, I set in motion my lips * that
are polluted and extend filthy hands to You.
* My heart is completely buried * beneath
depraved evil thoughts, * and my eyes are
blinded, wretched that I am. * The passions
have darkened the soul I carry about with me,
* and the unseemly pleasures cover me all
around, * hateful that I am, and from these I
have no relief. * Stretch out Your undefiled
hands, * O Lover of man, to me. * Save me,
O Savior, I cry out * to You, and cleanse from
impurity * of many offenses * and from ills
that are to follow, O sympathetic Lord.

Sticheron 3.

ἰδοὺ ἀπεμάκρυνα, ἀπὸ σοῦ ὡς ὁ Ἄσωτος,
καὶ ἐγυμνώθην, ἀπὸ πάσης θελήσεως, σῆς
χρηστότητος, πολυέλεε Κύριε, ἥμαρτον
μὴ παρίδης με, μὴ λάβῃ με τέλεον, ὥσπερ
ὕπεύθυνον ὄντα, ὁ ἀλαζὼν καὶ παμπόνηρος,
ἐχθρὸς ἀλλὰ τάχει, τῆς αὐτοῦ με τυραννίδος,
Δέσποτα λύτρωσαι.

Στιχηρὸν Δ'.

Ῥεῦμα σφοδρὸν καὶ πάνυ δεινόν, τῆς
καταιγίδος τῶν παθῶν τῇ καρδίᾳ μου, ἐχύθη
καὶ κατακλύζει, καὶ εἰς βυθὸν ζοφερόν,
συνωθεῖ ἀτόπου ἀπογνώσεως, αὐτὸς ἀοράτῳ,
ἐπιστάσιᾳ σου φάνηθι, καὶ τῇ ἰσχύϊ, τῆς σεπτῆς
συμπαθείας σου, τοῦτο ξήρανον, καὶ εἰς τέλος
ἀφάνισον, ρεῖθρά μοι παρεχόμενος, πλημμύρη
αοίδιμε, τὰ καταρδεύοντα φρένας, καὶ νοῦν καὶ
ἔννοιαν ἅπασαν, δι' ὧν ἐκβλαστάνειν, ἰλασμόν
καὶ σωτηρίαν, δίδου μοι Πρόδρομε.

Στιχηρὸν Ε'.

Ὅλην μου τὴν καρδίαν σοφέ, καὶ τὴν
διάνοιαν ἐν σοὶ ἀνατέθεικα, γενοῦ μοι
θερμὸς προστάτης, καὶ σωτηρίας ἐλπίς,
βοηθὸς καὶ φύλαξ, καὶ κραταίωμα, φρουρός
ἀσφαλέστατος, κυβερνήτης πανάριστος, λιμὴν
καὶ τεῖχος, ἐκ κινδύνων ρυόμενος, ἐξ ἐχθρῶν
δεινῶν, ἀφαρπάζων με Πρόδρομε· ἔχεις γὰρ
ἀπροσμάχητον, πρεσβείαν καὶ δύναμιν, ἔχεις
παμμάκαρ ἀμέτρους, τοὺς οἰκτιρμούς καὶ
συμπάθειαν, δι' ὧν σκέπε φρούρει, διαφύλαττε
διδούς μοι, τὸ μέγα ἔλεος.

Sticheron 4.

Sticheron 5.

Wholly have I entrusted to You, * O wise
and holy Baptist John, all my heart and mind.
* Become a most earnest patron * for me, a
helper and guard, * my hope of salvation, and
a source of strength, * superlative helmsman
and a most trustworthy sentinel, * haven and
rampart. And, O Forerunner, rescue me * from
pernicious foes, and from perils deliver me.
* For you have uncontestably * the power to
intercede, * and you possess, O all-blest one, *
immense compassion and sympathy; * through
which guard and shelter, * and look out for me
while granting great mercy unto me.

Στιχηρὸν Ζ΄.

Δός μοι κατατρυφῆσαι τῆς σῆς,
εὐπρεπεστάτης, καὶ λαμπρᾶς ὠραιότητος,
καθάρας τὸν ρύπον πάντα, τῆς ἐμπαθοῦς
βιοτῆς, διὰ μετανοίας καὶ δακρύων μου·
καὶ γάρ σὺ ἐπίστασαι, τῆς ψυχῆς μου τὸν
ἔρωτα, τὸν θεῖον πόθον, καὶ τὸ φίλτρον τὸ
ἄμετρον, ὅπερ κέκτημαι, μεγαλύνων σε
Πρόδρομε, πλήρωσόν μου τὴν ἔφεσιν, κἄν
μέγα τὸ αἶτημα, κἄν ὑπερβαίνει τὰ μέτρα, τῆς
ταλαιπώρου ἀξίας μου, Χριστὸν ἱκετεύων, τὸν
παρέχοντα τῷ κόσμῳ, τὸ μέγα ἔλεος.

Ἦχος πλ. α΄.

Τετάρτη

Στιχηρὸν Α΄.

Παῦσον τὰς τῶν δαιμόνων ὁρμάς, τὰς κατ’
ἐμοῦ ἐπερχομένας φιλάνθρωπε, ζητούντων
τοῦ θανατῶσαι, τὴν ταπεινὴν μου ψυχὴν,
καὶ καταγαγεῖν με εἰς ἀπώλειαν, αὐτῶν τὰς
βουλὰς τε, καὶ τὰς ἐνέδρας ματαίωσον, τὰς
καθ’ ἐκάστην, ἐν νυκτὶ καὶ ἡμέρᾳ τε, καὶ
ἐκλύτρωσαι, ἀπὸ τούτων με Δέσποτα, παῦσον
τὸ πολυτάραχον, τοῦ βίου κλυδώνιον, ῥῦσαι
γεέννης καὶ σκότους, τοῦ αἰωνίζοντος δέομαι,
Χριστὲ ὅταν ἔλθῃς, κρῖναι κόσμον μετὰ δόξης,
ὡς ὑπεράγαθος.

Στιχηρὸν Β΄.

Βίβλων ἀνοιγομένων Χριστέ, ἐν τῇ ἡμέρᾳ
τῆς φορικτῆς παρουσίας σου, καὶ πάντων
παρισταμένων, τῷ κριτηρίῳ τῷ σῷ, καὶ
ἀποβλεπόντων τὴν ἀπόφασιν, πυρὸς πρὸ τοῦ
βήματος, ἐλκομένου καὶ σάλπιγγος, σφοδρῶς
ἡχούσης, τί ποιήσω ὁ ἄθλιος, ἐλεγχόμενος,
ὑπὸ τῆς συνειδήσεως, καὶ καταδικαζόμενος,

Sticheron 6.

Mode pl. 1.

Wednesday

Sticheron 1.

Sticheron 2.

When books shall be laid open, O Christ,
* on that most terrifying day when You come
again, * when all people shall appear before
* Your just tribunal, O Lord, * everyone
awaiting their verdict from You, * when
fire shall pour out and flow in front of the
judgment seat, * and when the trumpet shall be

εἰς φλόγα τὴν ἄσβεστον; Δέομαι οὖν πρὸ τοῦ τέλους, λύσιν εὐρεῖν τῶν πταισμάτων μου, Χριστέ ὁ Θεός μου, ὁ δωρούμενος τῷ κόσμῳ, τὸ μέγα ἔλεος.

Στιχηρὸν Γ'.

Ἰἄρας ἐπὶ τῶν ὤμων Χριστέ, τὸν σὸν Σταυρόν, ἐπὶ τὸ πάθος ἐρχόμενος, καὶ τύπον ἡμῖν παρέσχες, ἐν σοὶ τοῖς θέλουσι ζῆν, πῶς συνδοξασθῶμέν σοι καὶ ζήσωμεν, αὐτὸς καταξίωσον, καὶ ἡμᾶς συμμετόχους σοι, τῶν παθημάτων, καὶ τῆς δόξης γενήσεσθαι, τὴν σὴν νέκρωσιν, ἑαυτοῖς περιφέροντας, νέκρωσόν μου φιλάνθρωπε, σαρκός τὰ σκιρτήματα, καὶ ἐκ τοῦ θείου σου φόβου, μέλη τὰ ταύτης καθήλωσον, νεκρὸν πρὸς τὸν κόσμον, ζῶντα δὲ ταῖς ἐντολαῖς σου, μόνον ποιήσας με.

Στιχηρὸν Δ'.

Κλαίω καὶ σκυθρωπάζω πικρῶς, κατανοῶν τὸ φοβερὸν λογοθέσιον, ἐξ ἔργων μὴ κεκτημένος, ἀπολογίας μικρᾶς, ἀφορμὴν ὁ τάλας· διὸ δέομαι, πρὶν ἢ ἐπιφθάσῃ με, τέλος βίου τὸ ἄδηλον, πρὸ τῆς δρεπάνης, πρὸ θανάτου, πρὸ κρίσεως, πρὸ τοῦ μέλλειν με, τὰς εὐθύνας εἰσπράττεσθαι, ἔνθα τὸ πῦρ τὸ ἄσβεστον, καὶ σκότος ἐξώτερον, ὅπου ὁ σκόληξ ἐκεῖνος, ὁ κατεσθίων τοὺς πταίοντας, Ἀγνή τῶν πταισμάτων, ἀπολύτρωσίν μοι δίδου, καὶ μέγα ἔλεος.

sounded resoundingly, * what am I the wretch then to do, for I am accused * by my own conscience and condemned * to flames that are never doused? * O Christ my God, hence with fervor * do I implore that before the end * I might find remission * of my sins from You Who grant Your great mercy to the world.

Sticheron 3.

Going unto Your Passion, O Christ, * upon Your shoulders did You take up Your precious Cross, * becoming for us, who wish to live * in You, a model of how * we might live and might be glorified with You. * We pray You to grant to us * who now carry Your death about * within ourselves that we become the participants * of the sufferings and the glory along with You. * Deaden the movements of my flesh, * and nail down its members too, * using the pure and divine fear * of You, O Lover of humankind. * And thus making me dead * to the world, make me alive unto Your commands alone.

Sticheron 4.

Weeping, I grieve and bitterly sulk * when meditating on the terrible reckoning, * not having through deeds acquired * the ground for even a weak * plea in my defense. Hence, I the wretch entreat: * O pure one, bestow on me the remission of all my sins, * before my life ends in an hour unknown to me, * and before the sickle, before death and Judgement Day, * also before I must collect * whatever is due to me, * where the unquenchable fire is, * the outer darkness, and then that worm

Στιχηρὸν Ε΄.

Θρόνος Χερουβικὸς ἀληθῶς, ὡς ὑπερτέρα
 τῶν κτισμάτων γεγένησαι· ἐν σοὶ γὰρ ὁ θεῖος
 Λόγος, τὴν ἡμετέραν μορφήν, ἀναπλάσαι
 θέλων κατεσκήνωσε, καὶ σοῦ ἐξελήλυθε,
 σαρκοφόρος ὡς εὐσπλαγχνος, Σταυρὸν καὶ
 πάθος, δι' ἡμᾶς κατεδέξατο, καὶ Ἀνάστασιν,
 ὡς Θεὸς ἐδωρησατο· ὅθεν ὡς καταλλάξασαν,
 ἡμῶν τὴν κατάκριτον, φύσιν τῷ Πλάσῃ
 σὺν τούτῳ, εὐχαριστοῦντές σοι κράζομεν·
 Παράσχου παισμάτων, τὴν συγχώρησιν
 εὐχαῖς σου, ἡμῖν καὶ ἔλεος.

Στιχηρὸν Ϛ΄.

Ῥεῖθρα δακρυρροΐας ἐμῆς, τῆς ἐξ ὀμμάτων
 μου, Υἱὲ ποθινότατε, ὁ χρόνος ξηράναι
 ὅλως, οὐ κατισχύσει ποτέ, ἡ Ἀγνή θρηνοῦσα
 ἀπεφθέγγετο· σὺ φῶς γὰρ τὸ ἄδυτον, τὸ
 φωτίζον φωτίσματι, δι' οὗ φωστῆρες, οἱ
 μεγάλοι πεπήγασιν, οἱ οὐράνιοι, καὶ τὸ πᾶν
 κατουσίωται, τί μοι τὸ βλέπειν ἥλιον, φωτὸς
 ἐμοῦ δύναντος; φῶς μου γλυκὺ πῶς ἐσβέσθης,
 ὁ φωτισμὸς τοῦ προσώπου μου; Λοιπὸν
 ἀπαλείψω τῶν δακρύων μου τοῖς ρεῖθροις,
 κόρας ὀμμάτων μου.

Ῥχος πλ. α΄.**Πέμπτη****Στιχηρὸν Α΄.**

Βέλη ἠκονημένα ὑμεῖς, τοῦ δυνατοῦ
 ἀποσταλέντες Ἀπόστολοι, εἰς πᾶσαν τὴν
 οἰκουμένην, ἀπτέρῳ τάχει σαφῶς, πάντα τῶν
 δαιμόνων ἀπημβλύνατε, δεινὰ καὶ πυρίφλογα,
 βέλη ὄντως μακάριοι, πολυθείαν, ἐκποδῶν

* devouring transgressors. * And I pray you,
 grant, O Virgin, great mercy unto me.

Sticheron 5.**Sticheron 6.****Mode pl. 1.****Thursday****Sticheron 1.**

ποιησάμενοι, καὶ διδάξαντες, τὴν εὐσέβειαν
ἅπαντας, πρόβατα χρηματίσαντες, Χριστοῦ
τοῦ Θεοῦ ἡμῶν, τοῦ ἀρχιποίμενος ὄντως, ὃς
λύκων μέσον ἀπέστειλεν, ὑμᾶς τοῦ πραῦναι,
τὴν αὐτῶν θηριωδίαν, διὰ τῆς πίστεως.

Στιχηρὸν Β΄.

Λόγῳ μαθητευθέντες Θεοῦ, ἐνυποστάτῳ
τῷ βροτοῖς ὁμιλήσαντι, δι’ ἄκραν
φιλανθρωπίαν, καὶ προσλαβόντι αὐτῶν,
ἀληθῶς τὴν φύσιν καὶ θεώσαντι, αὐτῷ οὖν
ἐπόμενοι, θείοις ἔχνεσι πάνσοφοι, καὶ τὴν
πτωχείαν, τὴν αὐτοῦ ἐμιμήσασθε, πάντα
σκύβαλα, ἡγησάμενοι ἔνδοξοι· ὅθεν καὶ
ἀπερρίψατε, χιτῶνα τὸν δεύτερον, μὴ
βακτηρίαν, μὴ πήραν, ἐν τῇ ὁδῷ ἐπαγόμενοι,
καὶ νῦν οὐρανίους, θησαυροὺς κληρονομήσαι,
κατηξιώθητε.

Στιχηρὸν Γ΄.

Σάλου τῶν πειρασμῶν καὶ δεινῆς,
ἐρεσχελίας τῶν ἀσέμνων αἰρέσεων, δαιμόνων
κακοβουλίας, καὶ τῶν ἀνθρώπων πικρᾶς,
συστροφῆς καὶ ζάλης παμμακάριστοι,
πυρός ἀφεγγοῦς τε, καὶ αἰωνίζοντος
σκώληκος, βρυγμοῦ ὀδόντων, καὶ πάσης
ἄλλης κολάσεως, ταῖς πρὸς Κύριον, ἱκεσίαις
λυτρώσασθαι, πάντας ἡμᾶς, καὶ τεύξασθαι,
αὐτόν δυσωπήσατε, δι’ ἐγκρατείας, καὶ πόνων,
τῶν ἀρετῆς ἀντιδόσεων, τυχεῖν κληρουχίας,
οὐρανῶν τε Βασιλείας, καὶ μέγα ἔλεος.

Sticheron 2.

You were disciples of the divine * and
hypostatic Word of God Who from utmost
love * for mankind sojourned with mortals,
* and Who in truth did assume * their entire
nature deifying it. * Most glorious wise
men, therefore you followed in His godly
steps * and imitated His example of poverty,
* counting everything to be rubbish most
prudently. * Thus for your journey you did
not * provide yourselves with a staff * or with
a bag; and with courage * the second tunic
you put away. * And hence you were truly *
counted worthy to inherit heavenly treasures
now.

Sticheron 3.

By your fervent entreaties redeem * us
from the surging of temptations, O holy men,
* and from the eloquent prattle * of undevout
heresies, * and from all the demons’ great
malevolence, * all-blessed Apostles, and from
the tumult of the masses, * and from the fire
that is lightless, and from the worm * that
will never cease, and from gnashing of teeth
as well. * Also implore the Lord that we, *
through labors and self-control, * might thus
receive the rewards for * attaining virtues
with piety, * and find an allotment * and great
mercy in the Kingdom of heaven evermore.

Στιχηρὸν Δ'.

Χαίροις, ἡ ἱερὰ κεφαλὴ, τὸ καθαρὸν τῶν
ἀρετῶν καταγώγιον, ὁ θεῖος τῆς θειοτάτης,
ἱερωσύνης κανὼν, ὁ ποιμὴν ὁ μέγας ὁ
φανότατος, πυρσὸς ὁ τῆς νίκης, ἐπιφερόμενος
ὄνομα, ὁ δεομένοις, συμπαθῶς ἐπικλῶμενος,
ὁ καμπτόμενος, ἀσθενῶν ταῖς δεήσεσι, ρύστης
ὁ ἐτοιμότατος, φρουρὸς ὁ σωτήριος, πᾶσι
τοῖς πίστει τιμῶσι, τὴν πανσεβάσμιον μνήμην
σου, Χριστὸν ἐκδυσώπει, ταῖς ψυχαῖς ἡμῶν
δοθῆναι, τὸ μέγα ἔλεος.

Στιχηρὸν Ε'.

Χαίροις, ὁ ἱερώτατος νοῦς, τὸ τῆς
Τριάδος καθαρὸν ἐνδιαίτημα, ὁ στῦλος
τῆς Ἐκκλησίας, ὁ τῶν πιστῶν στηριγμός,
καταπονουμένων ἡ βοήθεια, ἀστήρ ὁ
ταῖς λάμπεσιν, εὐπροσδέκτων δεήσεων,
διασκεδάζων, πειρασμῶν τε καὶ θλίψεων,
σκότος πάντοτε, Ἱεράρχα Νικόλαε, ὄρμος
ὁ γαληνότατος, ἐν ᾧ καταφεύγοντες, οἱ
τρικυμiais τοῦ βίου, περιστατούμενοι
σώζονται, Χριστὸν ἐκδυσώπει, ταῖς ψυχαῖς
ἡμῶν δοθῆναι, τὸ μέγα ἔλεος.

Στιχηρὸν Ϛ'.

Χαίροις, ὁ ζήλου θεοῦ πλησθεὶς,
ἀπαγωγῆς τε πονηρᾶς λυτρωσάμενος, ἀδίκως
μέλλοντας θνήσκειν, ἐπιστάσι φρικτῇ, καὶ
ταῖς δι' ὀνείρων προσφοιτήσεσι, πηγὴ ἡ
πηγάζουσα, ἐν τοῖς Μύροις Νικόλαε, μύρα
πλουσίως, καὶ ψυχὰς καταρδεύουσα, τὰ
δυσώδη τε, τῶν παθῶν ἀπελαύνουσα, μάχαιρα
τὰ ζιζάνια, τῆς πλάνης ἐκτέμνουσα, πτύον
λικμίζον Ἀρείου, τὰ ἀχυρώδη διδάγματα,

Sticheron 4.

Rejoice, pure habitation wherein * the
Holy Trinity made its dwelling, most sacred
mind, * the Church's unshaken pillar, and
the believers' support, * for you are the help
of all who are oppressed. * O Star that at all
times dispels the gloom of adversities * and of
temptations by the radiance of your prayers *
that are well received, holy Hierarch Nicholas,
* calm haven wherein those who meet the
turbulent storms of life * and are surrounded
by tempests escape for refuge and hence are
saved. * To Christ pray with fervor, * holy
father, that great mercy be given to our souls.

Sticheron 6.

Χριστὸν ἐκδυσώπει, ταῖς ψυχαῖς ἡμῶν
δοθῆναι, τὸ μέγα ἔλεος.

**Ἦχος πλ. α΄.
Παρασκευὴ
Στιχηρὸν Α΄.**

Παῦσαι τοὺς πόνους θέλων βροτῶν, καὶ
τὰ ὀνειδίη, ὑπεράγαθε Κύριε, Σωτήρ μου
σταύρωσιν φέρεις, τὴν ἐπονείδιστον, χολῆς δὲ
ἐγεύσω ἀνεξίκακε, ἡμῶν τὴν πικρίαν, πᾶσαν
ἐξαίρων τὴν κάκιστον, ἐπλήγης λόγχῃ, τὴν
πλευρὰν τὴν ἀκήρατον, τὰς πληγὰς ἡμῶν, ὡς
Δεσπότης ἰώμενος· ὅθεν νῦν ἀνυμνοῦμέν σου,
τὴν ἔνδοξον σταύρωσιν, καὶ προσκυνοῦντες
τιμῶμεν, λόγχην, τὸν σπόγγον, τὸν κάλαμον,
δι' ὧν ἐδώρήσω, σοῦ τῷ κόσμῳ τὴν εἰρήνην,
καὶ μέγα ἔλεος.

Στιχηρὸν Β΄.

Πάθος τὸ σὸν Χριστέ προτυπῶν, Μωσῆς
ὁ μέγας σου θεράπων ἀνύψωσεν, οἰκτίρμον
χαλκοῦν τὸν ὄφιν, ὅφρων βλάβης βροτούς,
ιοβόλου δήγματος ἐξαιρούμενος, καὶ νῦν
σταυρωθέντος σου, ἐπὶ ξύλου μακρόθυμε,
κόσμος ἐκ βλάβης, ἐλυτρώθη τοῦ ὀφews, καὶ
ἀνυψώθη, ἀπὸ γῆς πρὸς οὐράνια· ὅθεν καὶ
ἀγαλλόμενοι, ὑμνοῦμεν τὸ κράτος σου, καὶ
τὸν Σταυρόν σου τιμῶμεν, καὶ προσκυνοῦμεν
φιλόανθρωπε, δι' οὗ πᾶσα κτίσις, εὗρεν ἄπονον
ἀξίαν, καὶ μέγα ἔλεος.

**Mode pl. 1.
Friday
Sticheron 1.**

Wishing, O most benevolent Lord, * to
end the troubles and reproaches on mortal men,
* You suffered a most disgraceful death * by
crucifixion for all, * O forbearing Savior, and
You tasted gall, * in this way removing all our
most venomous bitterness. * And You were
wounded with a lance in Your spotless side, *
thereby granting healing, O Master, unto our
wounds. * Glorious was Your death upon * the
Cross that we now extol. * With veneration we
honor * the lance, the sponge, and the reed as
well, * through which did You freely * grant
Your peace and Your great mercy unto the
universe.

Sticheron 2.

Moses Your mighty servant, O Christ, *
set up a brazen serpent, thus saving mortals
from * the harm of the poison bite of * the
deadly serpents, and thus * prefigured Your
Passion, O compassionate, * longsuffering
Lord. And now, on a cross You were crucified,
* and hence the world has been redeemed
from the serpent's harm * and has been
uplifted from earth unto heaven's heights. *
Therefore exultantly we sing * extolling Your
sovereignty, * and with prostrations we honor
* Your Cross, O Lover of humankind. * For
all of creation * has through it obtained great
mercy and easy-gotten worth.

Στιχηρὸν Γ'.

Θέλων τὰς διαθέσεις Ἀδάμ, τοῦ
 πρωτοπλάστου ἐξηλῶσαι φιλάνθρωπε, εἰς
 τέλος πᾶσαν ὁδύνην, ὁ πλαστοουργὸς τοῦ
 Ἀδάμ, ἥλοις προσηλώθης ἀναμάρτητε, Χριστέ
 καὶ τῇ λόγχῃ, θείαν πλευρὰν τρωθεὶς δι' ἡμᾶς,
 κωλύεις Λόγε, τὴν ρομφαίαν τὴν φλέγουσαν,
 μὴ κωλύειν ἡμῖν, τοῖς σοῖς δούλοις τὴν
 εἴσοδον· ὅθεν δοξολογοῦντές σε, ὑμνοῦμεν
 τὸ κράτος σου, καὶ τὸν Σταυρόν σου τιμῶμεν,
 καὶ προσκυνοῦμεν φιλάνθρωπε, δι' οὗ πᾶσα
 κτίσις, εὗρεν ἄπονον ἀξίαν, καὶ μέγα ἔλεος.

Στιχηρὸν Δ'.

Ἔχων πεφορτισμένον αἰεὶ, τὸ τῆς ψυχῆς
 μου ἐπαυχένιον Δέσποινα, ἐκ πλήθους
 ἁμαρτημάτων, καὶ συμφορῶν χαλεπῶν, οὐ
 τολμῶ πρὸς ὕψος ἄραι ὄμματα· διὸ νενευκῶς
 εἰς γῆν, ἐκ καρδίας κραυγάζω σοι· Ἐλέησόν
 με, ἡ Θεὸν πολυεύσπλαγχνον, ἀνατείλασα, ἐξ
 ἀχράντου νηδύος σου, δεῖξον τῶν θαυμασίων
 σου, τὸ πλῆθος τὸ ἄπειρον, καὶ τὰς ἀχράντους
 καὶ θείας, πρὸς τὸν Υἱόν σου ἐκτείνασα,
 Παρθένε παλάμας, σωτηρίαν μοι παράσχου,
 ταῖς ἱκεσίαις σου.

Στιχηρὸν Ε'.

Λαῖλαψ ἁμαρτιῶν χαλεπή, ἐν τῷ πελάγει
 με τοῦ βίου κατέλαβε, καὶ ζάλη καὶ τρικυμία,
 καὶ πρὸς βυθὸν συνωθεῖ, τὴν ἐμὴν καρδίαν
 ἀπογνώσεως. Ἀγνή ταῖς πρεσβείαις σου, τὴν
 ζωὴν μου κυβέρνησον, πρὸς τὸν λιμένα, τῆς
 ζωῆς τὸν ἀκύμαντον, πρὸς μετάνοιαν, καὶ
 τελείαν διόρθωσιν, ἴδε μου τὴν ἀσθένειαν,

Sticheron 3.**Sticheron 4.**

Lady, since the shoulders of my soul *
 indeed are always heavy laden with multitudes
 * of sins and with grievous hardships, * and I
 am bowed to the ground, * I dare not to lift up
 my eyes toward the heights. * And therefore
 I cry to you from the depths of my heart and
 say: * On me have mercy, you who ushered
 into the world * from your spotless womb
 the compassionate God of all. * Show your
 illimitable store * of marvelous miracles, *
 and also stretch out your holy * and undefiled
 hands unto your Son, * O Virgin, and grant
 me, * by your fervent supplications, salvation
 of my soul.

Sticheron 5.

καὶ πρόσχες τῇ κρίσει μου, δίδου μοι χεῖρα
κειμένῳ, σῆς βοηθείας Πανύμνητε, Χριστὸν
ἢ τεκοῦσα, τὸν παρέχοντα τῷ κόσμῳ, τὸ μέγα
ἔλεος.

Στιχηρὸν Ϛ'.

“Υλὴν ἀμαρτιῶν χαλεπῶν, ἐπισυνάξας
ἐμαυτῷ ἐθησαύρισα, καὶ τρέμω ἀπὸ
προσώπου, τοῦ σοῦ Υἱοῦ Ἀγαθῆ, πῶς ὑποίσω
τότε τὸ κριτήριον· καὶ γὰρ ποταμὸς πυρός,
ἔλκει βήματος ἔμπροσθεν, καὶ μυριάδες, τῶν
Ἀγγέλων παρίστανται, τοὺς ἀνομοῦντας, ἐν
αὐτῷ ἀπορρίπτοντες· ὅθεν πρὸ τῆς ἐξόδου
μου, τοῦ βίου Πανάχραντε, καθικετεύω
πρεσβεῦσαι, ὑπὲρ ἐμοῦ τὸν φιλόανθρωπον,
κριτὴν ἐλεῆσαι, καὶ συγχώρησίν μοι δοῦναι,
καὶ μέγα ἔλεος.

ᾠχος πλ. α'.

Σάββατον

Στιχηρὸν Α'.

Φεῖσαι τοῦ σοῦ οἰκέτου Χριστέ, ἡνίκα
μέλλει ἡ ψυχὴ μου τοῦ σώματος, προστάξει
σου χωρισθῆναι, τοῦ ἀγαγόντος εἰς ἓν,
τὸν χοῦν καὶ τὸ πνεῦμα, θείῳ νεύματι,
ἐχθρῶν ἀοράτων, ἐπιδρομῆς καὶ κακώσεως,
ἐνεδρευόντων, ἀφειδῶς διασπᾶσαί με, καὶ
κατάβρωμα, ἐαυτῶν ἀπεργάσασθαι, ῥῦσαί με
καὶ ἀξιώσον, τυχεῖν ἀναψύξεως, ἔνθα ἀπέδρα
ὀδύνη, καὶ στεναγμός, ἔνθα πέφυκε, τρυφῆς
ὁ χειμάρρους, καὶ φωνὴ ἑορταζόντων, καὶ
ἀγαλλίασις.

Sticheron 6.

Mode pl. 1.

Saturday

Sticheron 1.

Spare me Your humble servant, O Christ,
* during the hour when my soul shall be parted
from * my body, upon Your order, * which
once had brought into one * the dust and the
spirit by divine command. * Deliver me from
attacks and abuse from the unseen foes * who
lie in ambush to disjoint me unsparingly *
and to make of me for themselves something
to devour. * O count me worthy to attain *
refreshment wherein all pain, * distress and
sighing are absent, * and wherein issues the
torrent of * delight, and the sound of * those
who celebrate reechoes and exultation reigns.

Στιχηρὸν Β΄.

Ὡραν τῆς τελευτῆς δεδοικώς, καὶ τῶν
 δαιμόνων τὴν φρικτὴν ἐπανάστασιν, βοᾷ σοι
 ἐκ κατωδύνου, ψυχῆς ὁ τάλας ἐγώ. Τὰς αὐτῶν
 παγίδας καὶ τὰ σκάνδαλα, τῇ σῇ δυναστείᾳ,
 Δέσποτα Κύριε σύντριψον, καὶ μὴ ἐάσης,
 τῆς αὐτῶν με σκαιότητος, παρανάλωμα,
 χρηματίσαι τὸν δοῦλόν σου· ἴδε μου τὴν
 κατήφειαν, καὶ πρόσχες τῇ θλίψει μου, καὶ τὴν
 ἀθλίαν ψυχὴν μου, τῶν ὀδυνῶν ἐλευθέρωσον,
 Θεὲ πανοικτίρμον, ὁ δωρούμενος τῷ κόσμῳ τὸ
 μέγα ἔλεος.

Στιχηρὸν Γ΄.

Ὡσπερ ἡ Χαναναία Σωτήρ, κἀγὼ βοᾷ
 σοι· Τὴν ψυχὴν μου θεράπευσον, καὶ ῥῦσαι
 δαιμόνων βλάβης, καὶ ἐπηρείας ἐχθρῶν,
 τῶν παρὰ τὴν φύσιν ἐνοχλούντων με, αἰεὶ
 καὶ φθειρόντων, τὸ κατ' εἰκόνα σου Κύριε,
 καὶ ἐξελκόντων, λογισμοῦ τὸ κριτήριον, εἰς
 ἀνόητα, καὶ ψεκτὰ ἐνθυμήματα· ἅπερ ἐκ τῆς
 καρδίας μου ἐξάλειψον δέομαι, καὶ ἐν αὐτῇ
 μοι τὸν φόβον, σοῦ τὸν ἀγνότατον φύτευσον,
 καὶ δὸς ἐν εἰρήνῃ ἐκτελέσαι μου τὸν βίον, ἐν
 ταπεινώσει ψυχῆς.

Στιχηρὸν Δ΄.

Τὸν θυρεὸν τῆς πίστεως περιβαλλόμενοι,
 καὶ τῷ τύπῳ τοῦ Σταυροῦ, ἑαυτοὺς
 διαναστήσαντες, πρὸς τὰς βασάνους ἀνδρείως
 ἀπηυτομόλησαν, καὶ διαβόλου τὴν πλάνην καὶ
 τὸ θράσος κατήγγησαν, οἱ Ἅγιοί σου Κύριε.
 Αὐτῶν ταῖς ἱκεσίαις, ὡς παντοδύναμος Θεός,

Sticheron 2.

Savior, I cry aloud unto You * as did the
 Canaanite woman: O heal my soul, * and
 rescue me from demonic harm * and from
 ill-treatment of foes * who ever disturb me
 by abnormal means * defacing Your image,
 O Lord, in which You created me, * and
 who allure me * into choosing to ponder on
 * useless recollections and also reproachful
 thoughts. * Fervently I beseech of You * to
 blot them out from my heart, * and in their
 place, I entreat You, * there to implant purest
 fear of You. * And grant me, I pray You, * to
 complete my life in peace and humility of soul.

Sticheron 4.

Armed with the shield of faith, and rousing
 themselves to action with the sign of the Cross,
 O Lord, Your Saints of their own accord went
 forth courageously to the tortures, and they
 abolished the delusion and the audacity of the
 devil. At their entreaties, O omnipotent God,

τῷ κόσμῳ τὴν εἰρήνην κατάπεμψον, καὶ ταῖς
ψυχαῖς ἡμῶν τὸ μέγα ἔλεος.

Στιχηρὸν Ε΄.

Πρεσβεύσατε ὑπὲρ ἡμῶν, ἅγιοι Μάρτυρες,
ἵνα ῥυσθῶμεν τῶν ἀνομιῶν ἡμῶν· ὑμῖν γὰρ
ἐδόθη χάρις, πρεσβεύειν ὑπὲρ ἡμῶν.

Στιχηρὸν Ϛ΄.

Ἀκορέστῳ διαθέσει ψυχῆς, Χριστὸν
οὐκ ἀρνησάμενοι, ἅγιοι Μάρτυρες, τοὺς
δεινούς καὶ διαφόρους αἰκισμούς, παθημάτων
ὑπεμείνατε, τῶν τυράννων τὰ θράση
κατηδαφίσατε, ἀκλινῇ καὶ ἄτρωτον τὴν πίστιν
φυλάξαντες, εἰς οὐρανούς μετέστητε· ὅθεν καὶ
παρρησίας τυχόντες πρὸς αὐτόν, αἰτήσασθε
δωρηθῆναι, ἡμῖν τὸ μέγα ἔλεος.

ᾠχος πλ. β΄.

Δευτέρα

Στιχηρὸν Α΄.

Ὁ πάντων βουλόμενος, οὐχὶ τὸν θάνατον
Λόγε, ἀλλὰ τὴν μετάνοιαν, τῶν ἡμαρτηκότων
σοι πολυεύσπλαγχνε, Χριστὲ καὶ Κύριε, καὶ
ποιῶν ἔλεος, μετ' ἐμοῦ αἰεὶ τοῦ δούλου σου,
μετανοοῦντι μοι, καὶ τὴν τῶν κακῶν μοι
συγχώρησιν, δι' ὧν σε παρεπίκρανα, ἐξαιτεῖν
τολμῶντι συμπάθησον· ἐν ἐμοὶ γὰρ δείξης, τὴν
ἄβυσσον τῶν θείων οἰκτιρμῶν, ἐὰν ἀνάξιον
ὄντα με, σώσης ὡς φιλόανθρωπος.

send peace down upon the world, and great
mercy upon our souls.

Sticheron 5.

Intercede on our behalf, O holy Martyrs, *
that we be delivered from our iniquities. * For
to you has the grace been given to intercede on
our behalf.

Sticheron 6.

Refusing to deny Christ, O holy Martyrs,
you endured the various painful tortures with
an insatiable willingness of soul. You humbled
the impudence of the tyrants, having kept your
faith steadfast and invulnerable, and you were
translated to heaven. Since you therefore have
obtained confidence before the Lord, entreat
Him that great mercy be granted to us.

Mode pl. 2.

Monday

Sticheron 1.

You, O Word of God, do not * desire
the death but repentance * of all men who,
like myself, * have committed sins against
* You, O Christ and Lord. * Being most
compassionate, * You extend Your mercy *
unto me Your servant constantly. * Hence
show me sympathy * as I now repent and
presume to seek * forgiveness for my wicked
deeds * by which I have often embittered
You. * For if You should save me, * unworthy
though I be, You shall disclose * in me the
vastness of Your divine * mercies and Your
love for man.

Στιχηρὸν Β΄.

Ὁ μόνος φιλόανθρωπος, ὁ πάντας θέλων
σωθῆναι, καὶ καλῶν ὡς εὐσπλαγχνος, τοὺς
λελυπηκότας σε, πρὸς μετάνοιαν, μὴ μνησθῆς
Δέσποτα, μηδαμῶς δέομαι, τῆς αἰσχύνης
τῶν ἀτόπων μου, ἔργων ὧν ἔπραξα, φεῦ!
τῶν ὀφθαλμῶν σου ἀπέναντι, μὴ φρίξας ὁ
πανάθλιος, τὸ τῶν σῶν χειρῶν ἀναπόδραστον·
ὄθεν νῦν προσπίπτω, στενάζων καὶ πενθῶν,
καὶ νοητῶς, τῶν σῶν ποδῶν ἐφαπτόμενος, τοῦ
λαβεῖν συγχώρησιν.

Στιχηρὸν Γ΄.

Δέξαι μου τὴν δέησιν, ὁ πάντας θέλων
σωθῆναι, καὶ μὴ ἀπορρίψης με, ἀπὸ τοῦ
προσώπου σου τὸν ἀνάξιον, τὸν πολλὰ
πταίσαντα, ὑπὲρ πᾶσαν φύσιν, τῶν ἀνθρώπων,
ἐκ νεότητος· διὸ προσπίπτω σοι, κλίνων μου
τὸ γόνυ σὺν δάκρυσι, σπλαγχνίσθητι ἐλέησον,
δεῖξον ἐν ἐμοὶ τὰ ἐλέη σου, Κύριε τῆς δόξης,
ἐλέους ὁ Πατὴρ καὶ οἰκτιρμῶν, μὴ με ἀπόσῃ
τὸν ἄθλιον, τὸν παρακαλοῦντά σε.

Στιχηρὸν Δ΄.

Ἦχον ἐορτάσιμον, Ἀγγελικαὶ σοι χορεῖται,
ἀσιγήτοις στόμασιν, αἰωνίως μέλπουσιν,
Ὑπεράγαθε, σοῦ τρανῶς βλέπουσιν, τὸ
ῥαῖον κάλλος, καὶ τῆς αἴγλης ἐμφορούμεναι,
τῇ πρὸς τὰ χείρονα, νεύσει οὐδαμῶς
ἐμφερόμεναι, ἀεὶ δὲ ἐν τοῖς ἔμπροσθεν,
μᾶλλον ἀκλινῶς ἀνανεύουσαι, καὶ τὰς
πανολβίους, δεχόμεναι προθύμως ἀστραπὰς,
ἐν παρρησίᾳ πρεσβεύουσιν, ὑπὲρ τῶν ψυχῶν
ἡμῶν.

Sticheron 2.

You want all men to be saved, * O only
Lover of mankind. * And being compassionate
* You call to repentance those * who offended
You. * Hence I pray You, O Lord, * by no
means remember * the disgrace of the indecent
deeds * which I the wretched one * woefully
committed before Your eyes, * not shuddering
with horror that * nobody escapes Your
almighty hands. * Thereforeon my knees
now * I fall down and I sigh and I lament, *
mentally clasping Your holy feet * to receive
forgiveness from You.

Sticheron 3.**Sticheron 4.**

Στιχηρὸν Ε΄.

Τείχισον τὴν ποίμνην σου, Ἀγγελικαῖς
προστασίαις, ὁ τὰ τούτων τάγματα, λόγῳ
συστησάμενος καὶ βουλήματι, πειρασμὸν
ἅπαντα, καὶ βαρβάρων θράσος, ἐκδιώκων καὶ
αἰρέσεων· τῷ σῶ γὰρ αἵματι, ταύτην ἀληθῶς
ἐξηγόρασας, καὶ νόμου τὸ κατάκριμα, καὶ τῆς
ἀμαρτίας ἐξήλειψας, ὅπως λυτρωθεῖσα, τῶν
νῦν παρενοχλούντων λυπηρῶν, ἐν ὀρθοδόξῳ
φρονήματι, Σῶτερ μεγαλύνῃ σε.

Στιχηρὸν Ϛ΄.

Ἀρχαὶ Κυριότητες, καὶ Σεραφεῖμ σὺν τοῖς
θρόνοις, Χερουβεῖμ τὰ ἄχραντα, Ἄγγελοι,
Ἀρχάγγελοι, τὸν σεβάσμιον, καὶ σεπτὸν
θρόνον σου, καὶ τὴν θείαν δόξαν, μετὰ
δέους περιέπουσι. Δυνάμεις πᾶσαι δέ,
σὺν ταῖς Ἐξουσίαις γεραίρουσι, τὴν σὴν
μεγαλοπρέπειαν, καὶ τῆς σῆς προνοίας τὸ
ἄφραστον, καὶ τὴν ἐν τοῖς οὐσί, σοφίαν
σου θαυμάζουσι Χριστέ, καὶ παρρησίᾳ
πρεσβεύουσιν, ὑπὲρ τῶν ψυχῶν ἡμῶν.

ᾠχος πλ. β΄.**Τρίτη****Στιχηρὸν Α΄.**

Ὅλος ἐκ νεότητος, ταῖς ἡδοναῖς
ἐδουλώθην, τῆς σαρκὸς καὶ γέγονα, παθῶν
καταγώγιον τυραννούντων με, τῆς ψυχῆς
ὅλως δέ, ἀλογήσας Σῶτερ, ἐντολῶν σου
κατεφρόνησα, ἀλλὰ ὁ πλάσας με, καὶ εἰδὼς
ἡμῶν τὴν ἀσθένειαν, ὁ μόνος ἀναμάρτητος,
δός μοι τὴν συγχώρησιν εὐσπλαγχνε, ὦν περ

Sticheron 5.**Sticheron 6.**

Dominions, Authorities, * the Seraphim
and Archangels, * Angels and immaculate
* Cherubim as well as Thrones * overcome
with awe * all attend Your sublime * and
most venerated * throne and holy glory with
respect. * And all the Powers too, * with
the Principalities, glorify * Your wonderful
magnificence * and Your inexpressible
providence, * and they are amazed by * Your
wisdom in the things that are, O Christ. * And
on behalf of our souls do they * intercede with
confidence.

Mode pl. 2.**Tuesday****Sticheron 1.**

Wholly from my childhood * am I
enslaved to the pleasures * of the flesh
and have become * a haunt of the passions
that * are oppressing me. * Totally
unconcerned * with my soul, O Savior, *
Your commandments I did not regard. *
Nevertheless, since You * fashioned me
and know my infirmity * and truly are

ἐν ἀγνοίᾳ καὶ γνώσει, αἰσθητῶς καὶ νοητῶς,
ἀπὸ νεότητος ἡμάρτον, μόνε εὐσυμπάθητε.

Στιχηρὸν Β΄.

Τίς ἐκ τοῦ θανάτου με, τῆς ταλαιπώρου
σαρκός μου, ῥύσεται, καὶ σώσει μου,
τὴν ψυχὴν ἀπήμονα καὶ ἀπείραστον;
τυραννεῖ βία γάρ, εὐπαθοῦσα αὕτη, καὶ
ψυχῆς κατεξανίσταται, καὶ θλίβει πάλιν δέ,
ἀσθενοῦσα, οἴμοι τῷ τάλανι! Ἀντέχειν οὖν οὐ
δύναμαι, πρὸς τὴν ταύτης Σῶτερ ἀσθένειαν,
ἀλλ' ὃ Ποιητά μου, μὴ δώσης νικηθῆναι τῷ
χοί, τὸ πνεῦμα, ὃ μοι ἐνέπνευσας, ὡς αὐτὸς
εὐδόκησας.

Στιχηρὸν Γ΄.

Ὅταν τῇ προστάξει σου, ἐκ τῶν δεσμῶν
τοῦ σαρκίου, βουληθῆς χωρίσαι μου, τὴν
ψυχὴν Ἀθάνατε, τότε φεῖσαί μου, προσηνῇ
Ἄγγελον, χαροποιῶς βλέποντα, ἀποστείλας
παρλήψεσθαι, καὶ διασώσεσθαι, ἀπὸ
τῶν ἀρχόντων τοῦ σκότους με, εὐκόλως
δυναμοῦντά με, τοῦ εὐθυπορῆσαι τὴν ἄνοδον,
τὴν ἐν τῷ ἀέρι, καὶ φθάσαι εἰς προσκύνησιν
τοῦ σοῦ, θρόνου φρικτοῦ ἀκατάκριτον, Θεὲ
ὑπεράγαθε.

Στιχηρὸν Δ΄.

Ὁ κατεγνωσμένος ἐν ἄσωτίᾳ, σοὶ τῷ ὑπὲρ
λόγον δεδοξασμένῳ, προσπίπτω, καὶ δέομαι ἐκ
βάθους τῆς καρδίας, ἴδε τὴν θλίψιν τῆς ψυχῆς
μου, τῆς χαρᾶς ὃ προλάμπας, ἴδε τὰ ἔλκη τῆς
καρδίας, μετανοίας ὃ κήρυξ, καὶ παράσχου μοι

compassionate * and alone without sin,
forgive the sins * which I have committed *
in knowledge and in ignorance from youth,
* both with my senses and mentally, * only
sympathetic Lord.

Sticheron 2.

Who will keep my soul immune * to every
harm and temptation; * and who will deliver
me * from this death, and namely this sordid
flesh of mine? * For when it feels at ease *
then it tyrannizes * and it rises up against the
soul. * And it afflicts again * when it is infirm.
Woe to me the wretch! * And then, O Savior, I
am not * able to endure its infirmity. * Hence,
O my Creator, * I earnestly entreat, let not the
dust * defeat the spirit which into me * You
were pleased to insufflate.

Sticheron 3.

Sticheron 4.

τὴν σωτηρίαν, διὰ τῆς θείας πρεσβείας σου
Πρόδρομε, καθικετεύων τὸν Κύριον.

Στιχηρὸν Ε΄.

Ὅλος ἐν κακίᾳ κατεγνωσμένος, ὅλος
ἀπογνώσει βεβυθισμένος, αὐτὸς πονηρότατος,
καὶ ζοφερὸς ὑπάρχω, ὅλως κατεστιγμένος
ὅλος, ἐξ ἡδονῶν ἀτόπων, ὅλως δεινῶς
κατεφθαρμένος, καὶ κατηχρειωμένος, σοῦ τοῖς
ἵχνεσι προσπίπτω Μάκαρ, μὴ ἀπορρίψης, ἀλλὰ
σῶσον Ἰωάννη με, φίλε Κυρίου καὶ Πρόδρομε.

Στιχηρὸν Ϛ΄.

Ῥῦσαι τὴν ψυχὴν μου πικροῦ θανάτου, τοῦ
τῆς ἁμαρτίας καὶ τῶν πταισμάτων, πανεύφημε
Πρόδρομε, καὶ ζώωσον ἐν ἔργοις θείοις,
Χριστοῦ τῶν προσταγμάτων, πρεσβειῶν σου
δυνάμει, παῦσον πολέμους ἀοράτως, τοὺς ἐμὲ
πολεμοῦντας, καὶ ὁδήγησον ὁδοῖς εὐθείαις, τῆς
αἰωνίου καὶ σωτηρίου καταπαύσεως, ταῖς πρὸς
Θεὸν ἱκεσίαις σου.

Ῥχος πλ. β΄.

Τετάρτη

Στιχηρὸν Α΄.

Ὁ Θεὸς ὁ θέλων σωθῆναι πάντας,
ἐπίβλεψον, ἴδε τὴν προσευχὴν μου, καὶ
μὴ μου τὰ δάκρυα, ὥς μάταια ἀπώσῃ· τίς
γὰρ προσῆλθέ σοι προσπίπτων, καὶ εὐθύς
οὐκ ἐσώθη; τίς δὲ ἐβόησε θερμῶς σοι, καὶ
εὐθύς οὐκ ἠκούσθη; καὶ γὰρ Δέσποτα, ταχύς
εὐρίσκη, εἰς σωτηρίαν πᾶσι τοῖς αἰτοῦσί σε
Κύριε, διὰ τὸ μέγα σου ἔλεος.

Sticheron 5.

Totally condemned am I by my vices. * I
am sunk completely in desperation. * Yes, I
am extremely bad in every way and gloomy,
* covered with blemishes all over, * entirely
corrupted * woefully by unseemly pleasures,
* and through abuse am worthless. * I fall
prostrate at your feet and beg you, * O blessed
John, reject me not, but rather rescue me, * O
friend and Forerunner of the Lord.

Sticheron 6.

Mode pl. 2.

Wednesday

Sticheron 1.

God, who wish all men to be saved, I
pray You, * look down and behold now my
supplication, * and do not reject my tears as
being ineffective. * Who ever came to You
beseeching * and was not saved directly? *
Who ever cried to You with fervor * and was
not heard directly? * For indeed by all who
truly seek You, * O Sovereign Master, You are
found to be One quick to save, * because of
Your great mercy, O Lord.

Στιχηρὸν Β'.

Τὸν ταῖς ἁμαρτίαις καταποθέντα, καὶ φιληδονίαις καταρράγέντα, ἀνάστησον εὖσπλαγχνε, τῇ σῇ φιланθρωπία, μή με ἐπίχαρμα δαιμόνων, συγχωρήσης γενέσθαι, μηδὲ ἀνάξιον ἐάσης, τῶν φρικτῶν μυστηρίων, ἀλλὰ πρόσδεξαι ὡς ἐλεήμων, πρὸ τῆς ἐξόδου στεναγμούς μου καὶ δάκρυα, καὶ τῶν παθῶν με ἐλευθέρωσον.

Στιχηρὸν Γ'.

Θρήνησον ψυχὴ μου πρὸ τῆς ἐξόδου, πρόσπεσον τῷ Κτίστῃ ἐν μετανοίᾳ, δάκρυα προσάγαγε, ἐξ ὅλης τῆς καρδίας, κρᾶζον Χριστῷ ἐν κατανύξει. Ἡμάρτηκά σοι Λόγε, δέξαι πολλὰ ἡμαρτηκότα, μή με ἀποβδελύξη, μὴ παρόψη με Δικαιοκρίτα, μηδὲ εἰς πῦρ με ἀποπέμψης μακρόθυμε, διὰ τὸ μέγα σου ἔλεος.

Στιχηρὸν Δ'.

Ὁ γάμος ηὐτρέπισται, τοῦ οὐρανοῦ Νυμφίου, οἱ κήρυκες κρᾶζουσι, τί βραδύνεις μέλαινα, ἐκουσίως ψυχὴ; ῥυπαρὰ πάντα σου, ἀληθῶς ὑπάρχει, ἀσελγείαις τὰ ἱμάτια, καὶ πῶς ταλαίπωρε, μέλλεις εἰσελθεῖν, δεῦρο, πρόσπεσον, πρὸ τέλους ἐκ καρδίας σου, τῇ Ἀειπαρθένῳ κραυγάζουσα. Ὑσώπω πρεσβείας, ῥαντίσασα καθάρισον Ἀγνή, καὶ τοῦ νυμφῶνος ἀξιώσον, ὅπως μεγαλύνω σε.

Sticheron 2.

In Your great benevolence, O my Savior, raise me, * for I have been swallowed by sinful actions. * I fell into hedonism, tender-loving Master. * Please do not let the evil demons * make fun of me, Your servant. * Do not consider me unworthy * to receive holy communion. * I implore You, O my God of mercy, * that You accept my sighs and weeping before my death, * and that You free me from the passions, O Lord.

Sticheron 3.

O my soul, lament now before your exit. * Fall down in repentance before your Maker, * and offer up tears to Him wholeheartedly, and cry out * to the Messiah with compunction: * O Word, I sinned against You. * Though I have greatly sinned, accept me. * Abhor me not intensely. * Righteous Judge, I pray do not despise me, * nor send me off to the inferno, O forbearing One, * because of Your great mercy, O Lord.

Sticheron 4.

The wedding has been prepared * of the celestial Bridegroom. * The heralds are calling out. * Why delay you willfully, O bedarkened soul? * All your garments indeed * are filthy and soiled * by a lifestyle of debauchery. * And so, O wretched one, * how will you get in? Come, before the end, * wholeheartedly fall down before * Ever-virgin Mary and cry to her: * Purge me with the hyssop, * O pure one, of your prayers, and make me clean. * And

Στιχηρὸν Ε΄.

Νοὸς καθαρότητι, ὁ Ἡσαΐας Παρθένε,
 πόρρωθεν προέφησε, ποιητὴν τῆς κτίσεως
 τεξομένην σε, ὧ σεμνὴ Πάναγνε· σὺ γὰρ
 ὥφθης μόνη, ἐξ αἰῶνος παναμώμητος· διό
 σου δέομαι, τὴν μεμολυσμένην καρδίαν μου,
 καθάρισον καὶ λάμψεως, θείας κοινωνόν με
 ἀνάδειξον, Κόρη τοῦ Υἱοῦ σου, καὶ στάσεως
 αὐτοῦ τῆς δεξιᾶς, ὅταν καθίσῃ ὡς γέγραπται,
 κρῖναι κόσμον ἅπαντα.

Στιχηρὸν Ϛ΄.

Ἡ πόρνη κενώσασα, μύρου ἀλάβαστρον
 πάλαι, τοῖς ποσί σου Δέσποτα, πάντων
 ἠλευθέρωται, ὧν περ ἔπραξεν, ὁ Ληστής
 μόνον σου, μνημονεύσας ὥφθη, καὶ εὐθέως
 εἰς Παράδεισον, αὐτὸν εἰσήγαγες, ἐγὼ δὲ τί
 πράξω ὁ ἄθλιος; οὐ μύρον, οὐ κατάνυξιν, ἔχω,
 δωρεάν με ἐλέησον, οἴκτειρόν με Λόγε, ἡ
 ἄχραντός σου Μήτηρ δυσωπεῖ, ἣν ἐδωρήσω
 τῷ κόσμῳ σου, μέγα καταφύγιον.

ᾠχος πλ. β΄.**Πέμπτη****Στιχηρὸν Α΄.**

Δύναμιν οὐράνιον, τοῦ Παρακλήτου
 λαβόντες, τῶν ἐχθρῶν τὰς φάλαγγας, οἱ
 Χριστοῦ Ἀπόστολοι, ἐτροπώσαντο. Βασιλεῖς
 ἠλεγξαν, καὶ σοφοὺς ἥσχυναν, ἰδιῶται καὶ
 ἀγράμματοι, γυμνοὶ καὶ ἄοπλοι, εὐαγγελικῶς
 παρετάξαντο, τῷ λόγῳ δὲ τῆς χάριτος, τὰς

deem me fit for the bridal hall, * so that I may
 magnify you.

Sticheron 5.

Virgin, noble and all-pure, * Isaiah saw it
 beforehand, * for his mind was purified; * and
 he prophesied that you * would conceive and
 bear * the Creator of the world. * Only you
 are blameless * of all women from eternity.
 * Therefore I pray to you: * Purify my heart,
 which has been defiled. * And grant that I may
 once again * enjoy the divine and celestial
 light * of your Son, O Maiden, * and grant
 to me a place at His right hand * when, as is
 written, He sits to judge * all the world on
 Judgment Day.

Sticheron 6.**Mode pl. 2.****Thursday****Sticheron 1.**

The Apostles of the Lord, * receiving
 heavenly power * of the Paraclete, indeed *
 put the close arrays of the enemy to flight. *
 They rebuked emperors, * and put wise men to
 shame. * Being common and illiterate, * naked
 and weaponless, * they drew up their ranks

τερατουργίας εἰργάσαντο, καὶ οὕτω τὰ ἔθνη,
ὕπήκοα ποιούμενοι Χριστῷ, ἐν παρρησίᾳ
πρεσβεύουσιν, ὑπὲρ τῶν ψυχῶν ἡμῶν.

Στιχηρὸν Β΄.

Σὲ ἐπιποθήσαντες, οἱ εὐκλεεῖς Μαθηταί
σου, καὶ ἀπαρνησάμενοι, ἑαυτοὺς προθύμως
σοι, ἠκολούθησαν, καὶ Σταυρὸν ἄραντες, σοῦ
αὐτοῦ ὀπίσω, πειθαρχοῦντες τῇ προστάξει
σου, τὴν γῆν κατέλιπον, καὶ τοὺς οὐρανούς
ἐκκληρώσαντο, τὰ ἔθνη ἐπιστρέφοντες,
εἰς τὴν ἀληθῆ σου ἐπίγνωσιν, καὶ νῦν διὰ
πάντων, ὑπήκοοι γενόμενοι ἀεί, ἐν παρρησίᾳ
πρεσβεύουσιν, ὑπὲρ τῶν ψυχῶν ἡμῶν.

Στιχηρὸν Γ΄.

Ἄπαντα τὸν βίον μου, ἐν ἀμελείᾳ διάγων,
πρὸς τὸ τέλος ἔφθασα, ἄκαρπος ὁ δεῖλαιος,
Ὑπεράγαθε, πονηρῶν πράξεων, ἐπιφέρων
μόνον, νῦν φορτία τὰ δυσβάστακτα, ἅπερ
φιλόανθρωπε, σκόρπισον ῥοπῇ τοῦ ἐλέους
σου, καὶ δίδου μοι κατάνυξιν, καὶ ἐπιστροφὴν
τὴν σωτήριον, θείαις Ἀποστόλων, πρεσβείαις
εὐπροσδέκτοις ὁ Θεός, οὓς εἰς πρεσβείαν
προσάγω σοι, καὶ τὴν σὲ κυήσασαν.

Στιχηρὸν Δ΄.

Νικόλαε μακάριε, προσπίπτοντά με
οἴκτειρον, δέομαί σου, καὶ τὰ ὄμματα σοφέ,

evangelically. * They uttered words inspired
by grace, * whereby they performed their
prodigious deeds. * Therefore as they render
* the nations all obedient to Christ, * they
intercede now with confidence * on behalf of
our souls.

Sticheron 2.

Christ, Your most illustrious * Disciples
loved You intensely. * Thus according to Your
word, * gladly they denied themselves * and
took up the Cross, * following after You, *
their Lord and their Teacher; * and obedient to
Your command, * they left the earth behind *
and they were allotted heaven instead. * And
they converted Gentiles from * error to true
knowledge of You as God. * And now, since
in all things * they proved to be obedient to
You, * they pray to You with all confidence, *
interceding for our souls.

Sticheron 3.

I have led my life till now in carefree ease
and indifference. * I am near the end of it,
and I find myself devoid of spiritual fruit. *
All I have is the load of my sinful actions.
* O good Lord who loves humanity, * take
my unbearable burdens in an act of mercy
to me. * And grant compunction and sincere
repentance to me that I might be saved, * by
the intercessions of Your divine Apostles,
which you hear * when I invoke them, and by
the prayers * of Your holy Mother, O God.

Sticheron 4.

Saint Nicholas, take pity on me * who
fall to you, O blessed one, * I entreat you; *

φώτισον τῆς ψυχῆς μου, ἵνα καθαρῶς βλέψω,
τὸν φωτοδότην καὶ οἰκτίρμονα.

Στιχηρὸν Ε΄.

Ἐχθρῶν ἐπιζητούντων με, κακοποιῆσαι
Ἄγιε, λύτρωσαί με, παρρησίαν πρὸς Θεόν, ὡς
ἔχων Ἱεράρχα, καὶ σῶσόν με ἐκ βλάβης, καὶ ἐξ
ἀνδρῶν αἱμάτων ρῦσαί με.

Στιχηρὸν Ϛ΄.

Λιμένα σε ἀχείμαστον, καὶ τεῖχος
ἀπροσμάχητον, Ἱεράρχα, νῦν κεκτήμεθα
πιστῶς, καὶ πύργον ἀσφαλείας, καὶ θύραν
μετανοίας, καὶ ὁδηγὸν πιστόν, καὶ πρόμαχον.

Ῥχος πλ. β΄.

Παρασκευὴ

Στιχηρὸν Α΄.

Μακρόθυμε φιλόανθρωπε, Θεέ μου
πολυέλεε, καὶ οἰκτίρμον, πῶς ὑπήνεγκας
σφαγὴν, καὶ νέκρωσιν ἐν ξύλῳ, ὑπὲρ
ἀνθρώπων γένους; Δοξολογοῦμέν σου τὸ
εὖσπλαγχνον.

Στιχηρὸν Β΄.

Ῥαπίσματα ὑπήνεγκας, καὶ σταύρωσιν
μακρόθυμε, καὶ ὀνειδίη, θέλων πάντας ἐκ
χειρός, λυτρώσασθαι τοῦ πλάνου, ὁ μόνος
ζωοδότης, καὶ πάντα φέρεις Ὑπεράγαθε.

Στιχηρὸν Γ΄.

Ἀνῆλθες ὁ ποιμὴν ἐν Σταυρῷ, καὶ
ἔτεινας τὰς χεῖρας βοῶν· Δεῦτε πρὸς με, καὶ
φωτίσθητε βροτοί, οἱ πλάνη σκοτισθέντες· ἐγὼ
γὰρ φῶς ὑπάρχω. Δόξα σοι μόνε φωτοπάροχε.

and illuminate the eyes * of my soul, O wise
father, * so that I may distinctly * behold the
sympathetic Giver of light.

Sticheron 5.

Sticheron 6.

Mode pl. 2.

Friday

Sticheron 1.

Oh, how did You my God submit * to
slaughter and to death on a cross * for the sake
of * humankind, O merciful, * piteous and
humane One? * We therefore glorify You * for
Your compassion, O forbearing Lord.

Sticheron 2.

Sticheron 3.

O Shepherd, You ascended the Cross *
and, stretching out Your hands, cried out: *
Come to me and * be enlightened, mortal men
* bedarkened by delusion; * for I am Light. O
glory * to You the only Bestower of light.

Στιχηρὸν Δ'.

Κατακαμπομένην δυσφορωτάτῳ, βάρει
τὴν ψυχὴν μου, τῷ τῶν πταισμάτων, καὶ
κατασυγκύπτουσιν, ἀνόρθωσον Παρθένε· σὺ
γὰρ τὸν τοὺς κατεβράχμενους, ἀνορθοῦντα
Σωτῆρα, ἔχεις πειθόμενον εὐκόλως, μητρικῇ
παρρησίᾳ, καὶ διάρρηξον σῇ μεσιτείᾳ, τῆς
ἀμαρτίας τὸ χειρόγραφον δέομαι, διὰ τὸ μέγα
σου ἔλεος.

Στιχηρὸν Ε'.

Τὸν κατεγνωσμένον ταῖς ἀμαρτίαις,
καὶ ἐσπιλωμένον ταῖς ἀνομίαις, τὸν
καταφρονήσαντα, Θεοῦ τῶν προσταγμάτων,
ἴδε καὶ μὴ με ἀπορρίψῃς, ἀπὸ τοῦ σοῦ
προσώπου· σὺ γὰρ ὑπάρχεις Θεοτόκε, ἐλπίς
μου καὶ προστάτις· διὸ πρόσχες μου ταῖς
ἱκεσίαις, ἀπὸ πάσης με κηλίδος καθάρισον, διὰ
τὸ μέγα σου ἔλεος.

Στιχηρὸν Ϛ'.

Ἄνοιξόν μοι θύραν τῆς μετανοίας, δός
μοι Παναγία πηγὴν δακρύων, παράσχου
κατάνυξιν, καὶ σώφρονα καρδίαν· σὲ
γὰρ βεβαίαν προστασίαν, ἐπιγράφομαι
μόνην, πᾶσαν ἐπὶ σὲ προσδοκίαν, τὴν ἐμὴν
ἀναφέρω, μὴ ἀπόσῃ με κατησχυμμένον, ἀλλὰ
προσδέχου, καὶ διάσωσον Δέσποινα, διὰ τὸ
μέγα σου ἔλεος.

ᾠχος πλ. β'.

Σάββατον

Στιχηρὸν Α'.

Ῥῥῃσαί με γεέννης ἀποκειμενης, ἐξελοῦ
πυρός με τοῦ αἰωνίου, Κριτὰ δικαιοτάτε,

Sticheron 4.

Sticheron 5.

Lo, I am condemned by my sins, O Lady,
* and by my iniquities am defiled; * and I
have displayed contempt for God's divine
commandments. * Cast me not away from
your presence, * O pure one, I beseech you.
* You are my hope and my protectress, * all-
holy Theotokos. * Hence I beg of you to be
attentive * to my entreaties and to cleanse me
from all stain of sin, * in your great mercy, O
Mother of God.

Sticheron 6.

Mode pl. 2.

Saturday

Sticheron 1.

Save me from perdition which has been
laid up. * O most righteous Judge, rescue

τὸν κατακεκριμένον, δεῖξον ἐκ ζάλης
ἐναντίας, ἀνάλωτόν με Λόγε, τρέμω ὁ τάλας
ἐννοῶν μου, τὸ τῶν παισμάτων πλήθος,
καὶ προσπίπτω σοι μετὰ δακρύων, καὶ
συντριβῆς τῆς καρδίας μου Φιλάνθρωπε, τὸ
σὸν αἰτούμενος ἔλεος.

Στιχηρὸν Β΄.

Τίς ἐμέ μὴ κλαύση τὸν παραβάντα,
ἐντολὴν Δεσπότη δι’ ἀκρασίαν, τὸν Ἄδην
οἰκήσαντα, ἀντὶ τοῦ Παραδείσου, βρῶσις
γλυκεῖά μοι φανεῖσα εἰς χολὴν μετετράπη,
ξένος τῆς δόξης σου Οἰκτίρμον, καὶ Ἀγγέλων
ἐδείχθη, ἀλλὰ δέξαι με μετανοοῦντα ὡς
ἐλεήμων καὶ φιλάνθρωπος Κύριος διὰ τὸ μέγα
σου ἔλεος.

Στιχηρὸν Γ΄.

Πάντας τοὺς ἐν πίστει κεκοιμημένους
τάξον ζωοδότα ἐν χώρᾳ ζώντων, ἐν τόποις
ἀνέσεως, ἐν σκηναῖς αἰωνίοις, ἔνθα τὸ φῶς
τοῦ σοῦ προσώπου, ἀφθόνως καταλάμπει,
ὅπου τρυφὴ καὶ χαρμοσύνη, καὶ εἰρήνη τῶν
Δικαίων, παριδὼν αὐτῶν τὰ ἐπαισμένα, ἔργω
καὶ λόγῳ διανοίᾳ τε Δέσποτα, διὰ πολλὴν
ἀγαθότητα.

Στιχηρὸν Δ΄.

Οἱ μαρτυρήσαντες διὰ σέ Χριστέ, πολλὰς
βασάνους ὑπέμειναν, καὶ τέλειον ἀπέλαβον,
τὸν στέφανον ἐν οὐρανοῖς, ἵνα πρεσβεύωσιν
ὑπὲρ τῶν ψυχῶν ἡμῶν.

me the convict * from the everlasting fire; O
Master, I beseech You. * Make me impervious
to surgings * against me, O Word of God. *
Mis’rable that I am, I shudder * when I stop
and consider * the multitude of my offenses, *
and I fall down to You with tears and a contrite
heart * humbly requesting Your mercy, O
Lord.

Sticheron 2.

Who would not lament me who from
my lack of * self-control have broken the
Lord’s commandment; * for me who instead
of Paradise inhabit Hades? * Food sweet to me
in its appearance * has turned into bitterness.
* Unto Your glory and to Angels * have I
become a stranger. * Sympathetic God, as I
repent now * accept me, since You are humane
and very merciful, * because of Your great
mercy, O Lord.

Sticheron 3.

Sticheron 4.

They who witnessed for You, O Christ,
endured many tortures, and in heaven finally
received the crown of glory, that they might
intercede on behalf of our souls.

Στιχηρὸν Ε΄.

Οἱ ἀθλοφόροι Μάρτυρες, καὶ οὐρανοπολῖται, ἐπὶ γῆς ἀθλήσαντες, πολλὰς βασάνους ὑπέμειναν, πρεσβείαις Κύριε, καὶ εὐχαῖς αὐτῶν, πάντας ἡμᾶς διαφύλαξον.

Στιχηρὸν Ϛ΄.

Ὁ Σταυρός σου Κύριε, τοῖς Μάρτυσι γέγονεν, ὄπλον ἀήττητον· ἔβλεπον γὰρ τὸν προκείμενον θάνατον, καὶ προβλέποντες τὴν μέλλουσαν ζωὴν, τῇ ἐλπίδι τῇ εἰς σὲ ἐνεδυναμοῦντο. Αὐτῶν ταῖς παρακλήσεσιν, ἐλέησον ἡμᾶς.

Ἦχος βαρύς.

Δευτέρα

Στιχηρὸν Α΄.

Ἄρόν σου ὦ ψυχὴ μου τὸ ὄμμα, καὶ Θεοῦ ἐνατένισον, τῇ οἰκονομίᾳ, καὶ τῇ εὐσπλαγχνίᾳ, πῶς οὐρανοὺς κλίνας, ἦλθεν ἐπὶ γῆς, ἵνα ὑψώσῃ σε ἐκ τῆς ταλαιπωρίας σου, τῶν παθῶν, καὶ στήσῃ σε, ἐν πέτρᾳ τῆς πίστεως, βαβαὶ φρικτοῦ θαύματος! Δόξα τῇ κενώσει σου Φιλάνθρωπε.

Στιχηρὸν Β΄.

Βλέψον σου τὰ παράνομα ἔργα, ὦ ψυχὴ μου, καὶ θαύμασον, πῶς σε γῆ βαστάζει, καὶ σκηπτὸς οὐ φλέγει; πῶς ἄγριοι θῆρες οὐκ ἐσθίουσί σε; πῶς δὲ καὶ ὁ ἥλιος ὁ ἄδυτος, ἐλλάμπων σοι, ἀεὶ οὐκ ἐπαύσατο; ἀνάστα, μετανόησον, βόησον πρὸς Κύριον. Ἡμαρτόν σοι ἡμαρτον, ἐλέησόν με.

Sticheron 5.

The prize-winning Martyrs and citizens of heaven contended on earth and endured many tortures. By their intercessions and prayers, O Lord, preserve us all.

Sticheron 6.

Your Cross, O Lord, became for the Martyrs an invincible weapon. For they saw the death awaiting them and yet foresaw the life to come, and thus by their hope in You they were strengthened. By their supplications, have mercy on us.

Grave Mode.

Monday

Sticheron 1.

Lift up your eyes, my soul, and intently * gaze upon God's economy * and His loving kindness; how bowing the heavens * He came down to earth, thereby to elevate you * from the wretched state of your enslavement to the passions, * and to set you firmly on the rock of belief in Him. * Indeed, an awesome wonder! * Glory to Your self-emptying, O Lover of man.

Sticheron 2.

Στιχηρὸν Γ'.

Ἐχοντες ἐπὶ σοὶ τὰς ἐλπίδας, παντοδύναμε Κύριε, σὲ ἐκδυσωποῦμεν, παντοίων κινδύνων, παθῶν τε τῆς ζάλης ἡμᾶς ἐκλυτροῦσθαι, ὅπως τὴν ζωὴν ἡμῶν εἰρηνικῶς διάγωμεν, καὶ ἐν καθαρότητι, βιώσαντες, εὐρώμεν, ἐν ἡμέρᾳ κρίσεως, εὐμενῇ σε Δεσπότην καὶ ἴλεων.

Στιχηρὸν Δ'.

Φλόγα πυρὸς τοὺς Ἀγγέλους, Χριστέ ἀπειργάσω, τούτων ἡμῶν τὸ θερμὸν ὑπεμφαίνων, καὶ πνεῦμα πάλιν τὸ ταχὺ διαγράφων. Παντοδύναμε Κύριε, δόξα σοι.

Στιχηρὸν Ε'.

Σῶσον ἡμᾶς προστασίαις, Κύριε τῶν Ἀγγέλων, πλῦνον ἡμῶν τῶν παισμάτων τὸν ῥύπον, τῆς ἀμαρτίας τὰς οὐλὰς ἐξαλείφων, ἵνα κράζωμεν, Κύριε δόξα σοι.

Στιχηρὸν Ϛ'.

Τὰ Σεραφεῖμ, Χερουβεῖμ, Ἄγγελοι καὶ Δυνάμεις, θρόνοι, Ἀρχαί, Κυριότητες πᾶσαι, σὺν Ἀρχαγγέλοις καὶ λαμπραῖς Ἐξουσίαις, σοὶ κραυγάζουσι, Κύριε δόξα σοι.

Ἦχος βαρύς.

Τρίτη

Στιχηρὸν Α'.

Δέσποτα καὶ Θεὲ πανοικτίρμον, οἷς ἐπίστασαι κρίμασι, δός μοι ἐν καρδίᾳ, τὸν σὸν φόβον ἔχειν, δός μοι τὸ φιλεῖν σε, ἐξ ὅλης ψυχῆς μου, δός μοι τὸ μυσάττεσθαι, τὰς πράξεις τοῦ ἀλάστορος, καὶ ποιεῖν τὸ θέλημα,

Sticheron 3.

O omnipotent Lord, inasmuch as * we have set every hope on You, * fervently we supplicate You to redeem us * from all kinds of perils and passions and turmoil, * so that we may live out the remainder of our life in peace, * and, when having lived a life of purity, we might find * You, our Master, merciful * and lenient on the day of reckoning.

Sticheron 4.

You have created the Angels * flames of fire, O Christ, * thus indicating to us their great fervor; * again, to mark their swiftness, You made them spirits. * O omnipotent Lord, Glory to You.

Sticheron 5.

Sticheron 6.

Grave Mode.

Tuesday

Sticheron 1.

Merciful Lord and God of compassion, * for the purposes known to You, * grant me to possess in my heart the fear of You; * grant me that with all of my soul I may love You; * grant me to abominate the actions of the evil one; * and I pray you, grant me to execute

τὸ σὸν τὸ σωτήριον· σὺ γὰρ εἶ Θεὸς ἡμῶν, ὁ εἰπὼν· Αἰτεῖτε καὶ λαμβάνετε.

Στιχηρὸν Β΄.

Γέγονα τῶν δαιμόνων μὲν γέλως, τῶν ἀνθρώπων δὲ ὄνειδος, τῶν Δικαίων θρῆνος, τῶν Ἀγγέλων πένθος, μολυσμὸς ἀέρος, καὶ γῆς καὶ ὑδάτων· σῶμα γὰρ ἐμίανα, ψυχὴν καὶ νοῦν ἐσπίλωσα, παραλόγοις πράξεσι, Θεῷ ἐχθρὸς πέφυκα, οἴμοι! Κύριε, ἡμαρτόν σοι, ἡμαρτον συγχώρησον.

Στιχηρὸν Γ΄.

Δέομαι ἐπ’ ἐμοὶ τῷ ἀκάρπῳ, μακροθύμησον Δέσποτα, καὶ μὴ με ἐκκόψης, ὡς ἄκαρπον δένδρον, τομῇ τοῦ θανάτου, εἰς πῦρ ἀποπέμπων, ἀλλὰ καρποφόρον με, ποιῆσαι παρακλήθητι, καιρὸν μετανοίας μοι, διδοὺς ὡς φιλόανθρωπος, ὅπως ἀπονίψω μου, τὰς πολλὰς Σωτήρ μου ἁμαρτίας Χριστέ.

Στιχηρὸν Δ΄.

Νυμφοστολήσας τοῖς λόγοις, ἱερῶς τὴν Ἐκκλησίαν Χριστοῦ, προσηγάγου Σοφὲ ὡς νύμφην, πανάμωμον, καὶ ὑπήκοον ταύτην, τῷ Δεσπότη παρέστησας, ἀλλ’ ὡς ἔχων νῦν δυναστείαν, αὐτῆς ὑπεράσπισον, καὶ ὑπέρμαχος φάνηθι, ἀπὸ πάσης κακίας, τοῦ διαβόλου Παμμάκαρ λυτρούμενος.

Στιχηρὸν Ε΄.

Φῶς νοερὸν ἐπιλάμψας, τῇ ταπεινῇ ψυχῇ μου Πρόδρομε, ἐναποδίωξον αὐτῆς, ὁμίχλην τὴν ἅπασαν, ἡδονῶν ψυχοφθόρων, καὶ παθῶν τῶν τοῦ σώματος, καὶ ὡς ἔχων νῦν δυναστείαν,

Your saving will. * For You are our God, indeed, * who commanded: Ask and then you shall receive.

Sticheron 2.

I am the laughingstock of the demons, * the disgrace of my fellow men, * lament of the Righteous, the grief of the Angels, * pollution of the air, the earth and the waters, * for I have defiled my body, and now I have stained my soul. * Through demented acts, I have come to be a foe of God. * Woe to me. O Lord, I have sinned * against You. O pardon me, for I have sinned.

Sticheron 3.

Sticheron 4.

Sticheron 5.

κάμοῦ ὑπεράσπισον, καὶ προστάτης μοι
φάνηθι, ἀπὸ πάσης ἀνάγκης, καὶ περιστάσεως
δεινῆς λυτρούμενος.

Στιχηρὸν Ϛ'.

Ὡ Προφητῶν ἡ ἀκρότης, καὶ σφραγὶς τοῦ
νόμου τοῦ τυπικοῦ, ὃ τῶν ἀπάντων γηγενῶν,
μείζων ἀγιότης, ὃ Χριστοῦ παρουσίας,
θεῖος Κήρυξ καὶ Πρόδρομος, ὃ Διδάσκαλε
μετανοίας, ὃ ἀγνείας ἄγαλμα, τοὺς σοὺς
δούλους περισφῶζε, ἀπὸ πάσης ἀνάγκης, καὶ
περιστάσεως, ἡμᾶς λυτρούμενος.

Ῥῆχος βαρύς.

Τετάρτη

Στιχηρὸν Α'.

Ἐν ξύλῳ σε προσήλωσαν Ἰουδαῖοι, ἵνα
ξύλῳ τὸν θάνατον ἀναστείλῃς, Κύριε δόξα σοι.

Στιχηρὸν Β'.

Ἐκὼν ἐδέξω ῥάπισμα Ἐλεῆμον, ἵνα ῥύσῃ
τὸν ἄνθρωπον ἐκ δουλείας, Κύριε δόξα σοι.

Στιχηρὸν Γ'.

Εὐλῳ Σταυροῦ ἰάσω πικρίαν ξύλου, καὶ
Παράδεισον ἡνοιξας τοῖς ἀνθρώποις, Κύριε
δόξα σοι.

Στιχηρὸν Δ'.

Προσάξωμεν τό, Χαῖρε τῇ Θεοτόκῳ,
ὡς ὁ Ἄγγελος, καὶ βοήσωμεν· Εὐλογημένη,
Πάναγνε δόξα σοι.

Sticheron 6.

O culmination of Prophets * and the seal
of the symbolic law, * you who are greater
in holiness than all men born on earth, * O
Forerunner and divine herald of the coming
of Christ: * as the teacher of repentance and
the model of chastity, * out of every necessity
deliver us your servants, * redeeming us from
perplexing predicaments.

Grave Mode.

Wednesday

Sticheron 1.

O Savior, You were nailed to a tree by
villains. * You were able thus by a tree to stay
death. * Glory to You, O Lord.

Sticheron 2.

You willingly endured being struck, O
Master, * that You might deliver mankind
from bondage. * Glory to You, O Lord.

Sticheron 3.

Sticheron 4.

Στιχηρὸν Ε΄.

Ἀνύμφευτε Παρθένε Μήτηρ Κυρίου,
οἰκέτας σου ἐλευθέρωσον ἐκ τῶν βελῶν,
ἀπάντων τοῦ ὄφους.

Στιχηρὸν Ϛ΄.

Κατέπαυσας τὴν λύπην Ἀγνή τῆς Εὕας,
ὡς κυήσασα τὴν χαρὰν τοῦ κόσμου. Χαῖρε
Ἀνύμφευτε.

Ῥῆχος βαρύς.

Πέμπτη

Στιχηρὸν Α΄.

Ὁ φθόγγος τῶν ἁγίων Ἀποστόλων, εἰς τὰ
πέρατα διεξῆλθε τῆς οἰκουμένης, Κύριε δόξα
σοι.

Στιχηρὸν Β΄.

Εὐωδία ὀφθέντες Θεοῦ τοῦ Λόγου,
πανσεβάσμιοι μυρίσατέ με, ὁσμῇ τοῦ
Πνεύματος.

Στιχηρὸν Γ΄.

Οὐράνιον πολίτευμα κεκτημένοι, τὰ
οὐράνια φρονεῖν με διδάξατε, καὶ λαλεῖν τὰ
θεῖα Θεοῦ θελήματα.

Στιχηρὸν Δ΄.

Ὡς περ ἐρρύσω Πάτερ τοὺς στρατηλάτας,
θνήσκειν μέλλοντας, δι' ἐντεύξεως καὶ νῦν
ὡσαύτως ἡμᾶς διάσωσον.

Στιχηρὸν Ε΄.

Τοὺς πίστει σε καὶ πόθῳ
προσκαλουμένους, καὶ τιμῶντάς σε
πανσεβάσμιε Ἱεράρχα, ῥῦσαι τῶν θλίψεων.

Sticheron 5.

Sticheron 6.

O pure one, you extinguished the sorrow
of Eve, * for unto the joy of the world you
gave birth. * Rejoice, O unwedded Bride.

Grave Mode.

Thursday

Sticheron 1.

The sound of Your divine and holy
Apostles * unto all the ends of the earth has
gone forth. * Glory to You, O Lord.

Sticheron 2.

Sticheron 3.

Since you have gained the citizenship
in heaven, * teach me to set my mind on the
things of heaven, * and to utter the divine wills
of God.

Sticheron 4.

Sticheron 5.

Στιχηρὸν Ζ΄.

Λοιμοῦ, σεισμοῦ, καὶ θλίψεων, καὶ ἀνάγκης, ἐλευθέρωσον τοὺς ἱκέτας σου, Ἱεράρχα, σοφὲ Νικόλαε.

Ῥῆχος βαρύς.

Παρασκευὴ

Στιχηρὸν Α΄.

Ἵνα Θεὸν τὸν ἄνθρωπον ἀπεργάσῃ, βροτὸς γέγονας Ὑπεράγαθε, καὶ σταυροῦσαι, δόξα τῇ δόξῃ σου.

Στιχηρὸν Β΄.

Ὅτε Σταυρῷ σε δῆμος Ἑβραίων, Λόγε, κατεδίκασε, γῇ ἐσείετο, καὶ ἡλίου σέλας ἐκρύπτετο.

Στιχηρὸν Γ΄.

Ὁ ἥλιος ἐσκότασεν Ἐλεῆμον, σταυρουμένου σου, καὶ ἡ κτίσις συνεκλονεῖτο, κράζουσα· Δόξα σοι.

Στιχηρὸν Δ΄.

Κλῖνόν μοι τὸ φιλάγαθον οὗς σου, δεομένῳ Πανάμωμε, καὶ μὴ ἀπορρίψῃς τοῦ σοῦ με προσώπου, μηδὲ πόρρῳ πέμψῃς τῆς σῆς βοηθείας· δόλῳ γὰρ ὁ δόλιος, σπουδάζει ἀπολέσαι με, παραλόγοις πάθεσι, κινεῖ τὴν καρδίαν μου, σὺ δέ με συντήρησον, ὅλον τῆς αὐτοῦ βλάβης ἀμέτοχον.

Στιχηρὸν Ε΄.

Ὅφελος οὐδαμῶς ἐκ τῆς ὕλης, ὃ ψυχὴ μου γενήσεται, περὶ ἣν σπουδάζεις εἰς μάτην τοῦ βίου, περὶ ἣν ἐκτῆκεις σαυτὴν ταῖς φροντίσι, πᾶσαν οὖν τὴν μέριμναν, ἐπὶρρίψον πρὸς Κύριον, τὸν κρῖναί σε μέλλοντα, καὶ δάκρυσι

Sticheron 6.

O Nicholas the wise Hierarch, deliver * your supplicants from plagues and from tribulations, * earthquakes and necessity.

Grave Mode.

Friday

Sticheron 1.

In order to make man God, O gracious Master, * You became a mortal and were crucified. * Glory to Your glory, O Lord.

Sticheron 2.

Sticheron 3.

When You were on the Cross, then the sun was darkened, * and creation trembled and shouted: Glory * unto You, O merciful Lord.

Sticheron 4.

Lend me your kindly ear as I pray now * unto you, O all-blameless one, * and do not reject me from before your presence, * neither send me far away from your assistance. * For, behold, the wily one with guile contrives to ruin me, * and with the unreasonable passions he stirs my heart. * Hence, I pray you, keep me safe * and wholly untouched by his malevolence.

Sticheron 5.

βόησον· Δέσποτα φιλόανθρωπε, σῶσόν με
πρεσβείαις τῆς Τεκούσης σε.

Στιχηρὸν Σ'.

Ὅνομα εὐλαβείας Παρθένε, ἐμαυτῷ ἔξω
θέμενος, παίγνιον πορνείας, ἐντὸς χρηματίζω,
καὶ ἀλαζονείας, γέλως καθορῶμαι· θηρίοις
γὰρ δυσὶν, ὡς ἀντιμάχοις, παραδέχομαι
ἐξ ἀπροσεξίας· διὰ τοῦτο ῥῦσαί με· σὺ
γὰρ ἀγαλλίαμα, πέφυκας ψυχῆς μου καὶ
πεποίθησις.

Ἦχος βαρύς.

Σάββατον

Στιχηρὸν Α'.

Ἅγιοι Μάρτυρες, οἱ καλῶς ἀθλήσαντες,
καὶ στεφανωθέντες, πρεσβεύσατε πρὸς
Κύριον, ἐλεηθῆναι τὰς ψυχὰς ἡμῶν.

Στιχηρὸν Β'.

Καταφρονήσαντες πάντων τῶν ἐπὶ γῆς,
ἅγιοι Μάρτυρες, καὶ ἐν σταδίῳ τὸν Χριστὸν
ἀνδρείως κηρύξαντες, ἀμοιβὰς τῶν βασάνων
παρ' αὐτοῦ ἐκομίσασθε, ἀλλ' ὡς ἔχοντες
παρρησίαν, αὐτὸν ἱκετεύσατε, ὡς Θεὸν
παντοδύναμον, τὰς ψυχὰς ἡμῶν σῶσαι, τῶν εἰς
ὕμᾱς προστρέχόντων δεόμεθα.

Στιχηρὸν Γ'.

Πανεύφημοι Μάρτυρες, θρέμματα
πνευματικά, ὀλοκαυτώματα λογικά, θυσία
δεκτὴ, εὐάρεστος τῷ Θεῷ, ὑμᾶς οὐχ ἡ γῆ
κατέκρυπεν, ἀλλ' οὐρανὸς ὑπεδέξατο,
Ἀγγέλων συμμέτοχοι γεγονάτε, μεθ' ὧν
ἱκετεύσατε δεόμεθα, τῷ Σωτῆρι καὶ Θεῷ

Sticheron 6.

Grave Mode.

Saturday

Sticheron 1.

O holy Martyr Saints, who competed well
and received the crowns of laurel, intercede
with the Lord for us, that His mercy come
upon our souls.

Sticheron 2.

When you had wisely despised everything
on earth, * O holy martyr Saints, * and had
courageously acknowledged Christ in the
stadium, * in return for the tortures you
received your rewards from Him. * Now
that you have acquired access to God the
omnipotent, * we beseech you most fervently *
to entreat Him in earnest * to save the souls of
us sinners who flee to you.

Sticheron 3.

O world-famous Martyrs, the spiritual
livestock, rational whole burnt offerings, and
sacrifice acceptable and pleasing to God: the
earth did not conceal you, but heaven received
you, and thus you share the fellowship of the
Angels. We beseech you, pray with them unto

ἡμῶν, εἰρηνεῦσαι τὸν κόσμον, καὶ σῶσαι τὰς
ψυχὰς ἡμῶν.

Στιχηρὸν Δ'.

Σῶτερ μὴ κατασχύνῃς με, ὅταν ἔλθῃς
κρῖναι κόσμον ἅπαντα, τὸν αἰσχύνῃς ἔργα
ποιήσαντα.

Στιχηρὸν Ε'.

Ἀμέτρητά σοι πταίσας, ἀμετρήτους
κολάσεις ἐκδέχομαι, ὁ Θεός μου οἴκτειρον καὶ
σῶσόν με.

Στιχηρὸν Ϛ'.

Ἀνάπαυσον τοὺς πίστει κεκοιμημένους,
ἐν αὐλαῖς σου Δέσποτα, καὶ Βασιλείας σου
ἀξίωσον.

ᾠχος πλ. δ'.

Δευτέρα

Στιχηρὸν Α'.

Ὡ πῶς διάγω ἀμέριμνος, τὸν τῆς ζωῆς
μου καιρόν, μετεώρως παρέρχομαι, μὴ εἰς
νοῦν βαλλόμενος, τὰς πολλὰς ἀμαρτίας μου,
μὴ τοῦ θανάτου, τὴν φοβερὰν ἀπειλήν, καὶ
τῆς ἐτάσεως, τὸ ἀδέκαστον! ὦ τίς με ρύσεται,
πυρὸς αἰωνίζοντος, εἰμὴ Θεέ, μόνε ὑπεράγαθε,
σὺ οἰκτερίσῃς με;

Στιχηρὸν Β'.

Οἷμοι ψυχὴ μου ταλαίπωρε, πόσα
θρηνήσεις ἐκεῖ, ἐνθυμοῦσα τὰς πράξεις
σου, ὅταν εἰς αἰώνιον, βασιλείαν οἱ δίκαιοι,
καλῶνται σὺ δέ, εἰς πῦρ αἰώνιον, κατακριθῇς,
διὰ τὰς πράξεις σου! Στέναξον δάκρυσον,

our Savior and God, that He bring peace into
the world, and that He save our souls.

Sticheron 4.

When You return, O Savior, to judge the
whole world, * though I have committed most
shameful actions, * put me not to shame, I
pray.

Sticheron 5.

Sticheron 6.

Mode pl. 4.

Monday

Sticheron 1.

Sticheron 2.

Woe to you, O wretched soul of mine! *
How greatly you will lament * at the judgment,
when you recall * all your deeds, when
righteous men * will be bidden to enter God's
* eternal Kingdom, while to eternal fire * you
will be sentenced because of your misdeeds! *

ἀπεντεῦθεν πρόσδραμε, τῷ λυτρωτῇ, Χριστῷ
καὶ ἀπόνιψαι, τὰς ἀμαρτίας σου.

Στιχηρὸν Γ'.

Ἔως καιρὸς σοι ἐνέστηκεν, ὁ τῆς
παρούσης ζωῆς, ὃ ψυχὴ μετανόησον, καὶ
ἐνταῦθα πόνησον, διὰ τὰς ἀμαρτίας σου,
ἵνα ἐκεῖσε, εὖρης ἀνάπαυσιν, καὶ αἰωνίου,
ρύσθης κολάσεως, Κύριε Κύριε, ἀγαθὲ
καὶ εὖσπλαγχνε, τῶν ἐκλεκτῶν, μοίρας με
ἀξίωσον, γενέσθαι μέτοχον.

Στιχηρὸν Δ'.

Κύριε, σὲ τῶν Ἀσωμάτων οἱ δῆμοι,
ἀκαταπαύστως δοξάζουσι, τῷ σῷ ἐνηδόμενοι
κάλλει, καὶ τῇ ἀφράστῳ ὠραιότητι, καὶ
τρισηλίῳ αὐγῇ, πλουσίως αὐγαζόμενοι, ὧν
ταῖς πρεσβείαις καὶ προστασίαις, σῶσον
Σωτὴρ τὰς ψυχὰς ἡμῶν.

Στιχηρὸν Ε'.

Κύριε, τὰς παναρμονίους χορείας, σὺ
τῶν Ἀγγέλων ὑπέστησας, τῷ παντοδυνάμῳ
σου Λόγῳ, καὶ τῷ ἁγίῳ σου Πνεύματι,
ἀμεταπτώτοις αὐγαῖς, τὰς ἐλλάμψεις
χαριζόμενος, ὧν ταῖς πρεσβείαις καὶ
προστασίαις, σῶσον Σωτὴρ τὰς ψυχὰς ἡμῶν.

Στιχηρὸν Ϛ'.

Κύριε, σὲ τὰ Σεραφεῖμ ἀνυμνοῦσι, καὶ
Ἐξουσίαι καὶ Ἄγγελοι, Ἀρχαὶ Κυριότητες
θρόνοι, καὶ Δυνάμεις καὶ Ἀρχάγγελοι,
καὶ Χερουβεῖμ τὰ φρικτά, τὸν αἶνόν σοι
προσάγουσιν, ὧν ταῖς πρεσβείαις καὶ
προστασίαις, σῶσον Σωτὴρ τὰς ψυχὰς ἡμῶν.

Sigh, weep, and run to Christ * the Redeemer,
being on this side of death. * Wash away the
multitude * of your iniquities.

Sticheron 3.

While the time is yet available * to you
in this present life, * O my soul, fervently
repent, * and as long as you are here, * come
and grieve for your sins with pain, * that you
might find repose on the other side, * and be
redeemed from eternal punishment. * Lord,
Lord compassionate, * being good, account me
worthy to become * a partaker in the lot * of
the elect, I pray.

Sticheron 4.

Sticheron 5.

Sticheron 6.

Lord our God, all the Seraphim and
Dominions, * as well as Thrones and
Authorities, * and the Principalities extol
You * with the Powers and Archangels too;
* Angels and awesome Cherubim * present
to You their hymns of praise. * And through

Ἦχος πλ. δ'.

Τρίτη

Στιχηρὸν Α'.

Τίνι ψυχὴ ἐξωμοίωσαι, ἐν ῥαθυμίᾳ πολλῇ,
τὴν ζωὴν σου ἐξάγουσα, ὕπνῳ βαθυτάτῳ
τε, χαλεπῆς καταπτώσεως, βαρυνομένη;
Δράμε καὶ πρόφθασον, καὶ τῷ τὰ πάντα, εἰδότι
πρόσπεσον, κλαῦσον καὶ αἴτησαι, καιρὸν
μετανοίας σοι, πρὶν τοῦ πυρός, τοῦ ἀσβέστου
τάλαινα, γένῃ ὑπέκκαυμα.

Στιχηρὸν Β'.

Οἶδας Χριστέ τὴν ἀσθένειαν, τῆς
ἀνθρωπίνης σαρκός, καὶ τὸ χαῦνον τῆς
φύσεως, ἐπίστασαι Δέσποτα, ὡς ποιητῆς καὶ
Θεὸς ἡμῶν, τὸν σάλον κόπασον τῆς καρδίας
μου, διδοὺς γαλήνην τῇ ταπεινῇ μου ψυχῇ,
δίδου διόρθωσιν, τῶν ἀτόπων ἔργων μου, καὶ
τοῦ πυρός, τοῦ ἀσβέστου ῥῦσαί με, ὡς μόνος
εὖσπλαγχνος.

Στιχηρὸν Γ'.

Ὅλον τὸν βίον ἠνάλωσα, καὶ τὴν ζωὴν
μου αἰσchrῶς, καὶ ἀσώτως Φιλάνθρωπε, μὴ
προσχὼν τὸ σύνολον, ταῖς ἐκεῖθεν κολάσεσιν,
ἀλλὰ Θεέ μου, νῦν ἐπιστρέφοντα, δέξαι Σωτήρ
μου, ὥσπερ τὸν Ἄσωτον, ταῖς τοῦ Προδρόμου
σου, καὶ πάντων Ἀγίων σου, σεπταῖς λιταῖς,
καὶ τῆς κυΗΣάσης σε, Χριστέ καὶ σῶσόν με.

their guardianship, O Savior, * and their
intercessions, save our souls.

Mode pl. 4.

Tuesday

Sticheron 1.

Whom do you resemble, O my soul, *
as you are passing the days * of your life in
great indolence, * heavy with the deepest sleep
* of intractable lethargy? * Wretch that you
are, now run and anticipate, * and fall down
prostrate to Him who knows all things. * Cry
out, and supplicate * that He give you time in
order to repent * before you become the fuel *
for the unquenchable fire.

Sticheron 2.

You know the weakness of human flesh,
* as our Creator and Lord; * as our Maker,
You thoroughly * understand the sluggishness
* of our nature, O Christ our God. * Abate, I
pray You, the surging in my heart, * bestowing
calmness upon my humble soul. * Grant me
correction of * my unseemly deeds, and from
eternal fire * rescue me, for only You * are
most compassionate.

Sticheron 3.

Στιχηρὸν Δ'.

Τῆς στερεινότητος τὸ βλάστημα, τὸ τῆς
ἀγνείας φυτόν, τῶν βροτῶν ἐγκαλλώπισμα,
τοῦ Δεσπότη Προδρόμε, Ἰωάννη πανεύφημε,
φύλαξ ὁ θεῖος, τῆς ταπεινῆς μου ψυχῆς,
τὴν σὴν πρεσβείαν καὶ τὴν βοήθειαν, δίδου
λυτρούμενος, μηχανῶν τοῦ ὄφεως, καὶ
πονηρᾶς, τούτου με κακώσεως, καὶ ἐπιθέσεως.

Στιχηρὸν Ε'.

Ἵνα δοξάζω καὶ σέβωμαι, ἵνα τιμῶ καὶ
ὑμνῶ, καὶ γεραίρω ἐκ πίστεως, σοῦ τὸ θεῖον
ὄνομα, τὸ φαιδρὸν χαριτώνυμε, μὴ ἀφιστάνου,
ποτὲ τοῦ δούλου σου, μηδὲ χωρίζου μου, θεῖε
Πρόδρομε, ἀλλὰ ταῖς πτέρυξι, τῆς σεπτῆς
πρεσβείας σου, διὰ παντός, σκέπε με καὶ
φύλαττε ἀπὸ παντοίων κακῶν.

Στιχηρὸν Ϛ'.

Ὅλος ὑπάρχεις ἡδύτης, καὶ γλυκασμοῦ
θεϊκοῦ, πεπλησμένος ἀοίδιμε, καὶ εὐφραίνεις
ἅπαντας, τοὺς πιστῶς προσιόντας σοι,
καταγλυκαίνων τὰ αἰσθητήρια, τὰ τῆς
ψυχῆς τε καὶ τὰ τοῦ σώματος, νόσων καὶ
θλίψεων, συμφορῶν κακώσεων, καὶ ὀδυνῶν,
ψυχοφθόρων πάντοτε, ἡμᾶς λυτρούμενος.

Ἦχος πλ. δ'.**Τετάρτη****Στιχηρὸν Α'.**

Λόγε Θεοῦ υπεράγαθε, ὁ δι' ἡμᾶς ἐν
Σταυρῷ, κρεμασθεὶς ὡς κατάκριτος, τοῦ πυρὸς
τοῦ μέλλοντος, καὶ φρικτῆς ἀποφάσεως, καὶ
ποινῆς πάσης ἡμᾶς ἐξάρπασον, ἐκδυσωπούσης
τῆς Θεομήτορος· σὲ γὰρ φιλάνθρωπε, καθ'

Sticheron 4.

Never abandon your votary; * never reject
me, I pray, * so that I may extol and praise, *
venerate and glorify, * and devotedly celebrate
* your bright, divine name, synonymous with
grace, * O holy Prophet, Forerunner, Baptist
John. * Under the wings of your * venerable
intercessions evermore * shelter me, and guard
me from * evils of every kind.

Sticheron 5.**Mode pl. 4.****Wednesday****Sticheron 1.**

O most benevolent Word of God * who
were suspended for us * on the Cross as a
criminal, * snatch us from the future fire, *
and the frightening sentence we pray; * also
exempt us from every penalty, * having the
Mother of God imploring You. * For, Lover of

ἐκάστην ἅπαντες, ἐν λογισμοῖς, Χριστέ
παροργίζομεν, τὸν ὑπεράγαθον.

Στιχηρὸν Β'.

Ἦλιος ἰδὼν σε ἔφριξεν, ἐπὶ Σταυροῦ
Ἰησοῦ, ἠπλωμένον θελήματι, καὶ ἡ γῆ ἐσεΐετο,
καὶ αἱ πέτραι ἐρρήγνυντο, καὶ τὰ μνημεῖα
φόβῳ ἠνοιόντο, καὶ αἱ Δυνάμεις πᾶσαι
ἐξίσταντο· σὲ ὡς ἐώρακεν, ἡ Παρθένος
Δέσποτα, ἐν τῷ Σταυρῷ, Οἶμοι! ἀνεκραύγαζε,
τί τὸ ὁρώμενον;

Στιχηρὸν Γ'.

ὦ τῆς ἀπείρου χρηστότητος, τοῦ
σαρκωθέντος ἐκ σοῦ, Θεοτόκε πανύμνητε!
Σταυρὸν γὰρ καὶ θάνατον, ἐκουσίως
ὑπέμεινεν, ἵνα τὸν κόσμον, σώσῃ ὃν
ἐπλασεν, ὃν ἐκδυσώπει, κἀμὲ τὸν ἄθλιον, καὶ
πολυώδυνον, ρύσασθαι κολάσεως, ἔνθα τὸ
φῶς, λάμπει τὸ ἀνέσπερον, κατασκηνώσαί με.

Στιχηρὸν Δ'.

Χαῖρε Παρθένε Θεόνυμφε· χαῖρε πιστῶν ἡ
ἐλπίς· χαῖρε κόσμου καθάρσιον· χαῖρε πάσης
θλίψεως, ἡ τοὺς δούλους σου σφάζουσα· ἡ
τοῦ θανάτου, χαῖρε κατάλυσις· ὁ ζωηφόρος
χαῖρε Παράδεισος· χαῖρε ἀντίληψις, τῶν
προσκαλουμένων σε· χαῖρε Θεοῦ, θεῖον
ἐνδιαίτημα, καὶ ὄρος ἅγιον.

Στιχηρὸν Ε'.

Χαῖρε Θεοτόκε Πάναγνε, χαῖρε πηγὴ
τῆς ζωῆς, χαῖρε κλῖμαξ οὐράνιε, χαῖρε

mankind, * every one of us, on any given day,
* angers You with sinful thoughts, * O most
benevolent Christ.

Sticheron 2.

Seeing You, the sun was horrified, * as it
beheld You, O Lord, * to be stretched out upon
the Cross * voluntarily. And earth * shook and
also the stones split apart. * The tombs in turn
also opened out of fear. * And all the heavenly
Powers stood in awe. * Then, as the Virgin
watched * You, O Jesus, hanging there upon
the Cross, * she cried out and said: Alas! *
What is this sight I see?

Sticheron 3.

Sticheron 4.

Ever-virgin Bride of God, rejoice! * For
all believers, the hope! * You deliver your
servants from * all adversity. Rejoice! And
the world is forgiven through you. * Rejoice!
Through you was the realm of death destroyed.
* You are the life-bearing Paradise. Rejoice! *
You are the help of all * who invoke you when
they pray and who salute * you, the dwelling
place of God, and holy mountain. Rejoice!

Sticheron 5.

πάσης Δέσποινα, καὶ Κυρία τῆς Κτίσεως.
Εὐλογημένη, χαῖρε Πανάμωμε, δεδοξασμένη,
χαῖρε ἀμόλυντε, χαῖρε πανύμνητε, χαῖρε θεῖον
σκήνωμα, χαῖρε σεμνή, χαῖρε Μητροπάρθενε,
Νύμφη ἀνύμφευτε.

Στιχηρὸν ζ'.

Χαῖρε Μητρόθεε Δέσποινα, χαῖρε ἡ
μόνη ἐλπίς, τῶν βροτῶν καὶ ἀντίληψις,
χαῖρε καταφύγιον, χαῖρε λυχνία φωτός,
ἡγλαῖσμένον, χαῖρε παλάτιον, τὸ φωτοφόρον,
χαῖρε λαμπάδιον, χαῖρε ἀμόλυντον, παρθενίας
καύχημα, χαῖρε πηγὴ, βρύουσα, ἰάματα, τοῖς
προσιούσί σοι.

ᾠχος πλ. δ'.

Πέμπτη

Στιχηρὸν α'.

Κύριε, σὺ τοῦ Παρακλήτου τῆ αἵγλης, τοὺς
Ἀποστόλους ἐφώτισας, καὶ φωστῆρας τέθεικας
τούτους, τὴν οἰκουμένην καταυγάζοντας, τῷ
νοητῷ φωτισμῷ, τῆς γνώσεώς σου Δέσποτα·
διὰ τοῦτο προσκυνοῦμεν, τὴν πολλήν σου
ἀγαθότητα.

Στιχηρὸν β'.

Κύριε, σὺ τῶν Ἀποστόλων πρεσβείαις,
περιτειχίζων τὴν ποίμνην σου, ταύτην ἐξ
ἐχθρῶν ἐπηρείας, διασώζεις ἀστασίαστον, ἣν
περ τιμίῳ Σωτῆρ, ὠνησάμενός σου αἵματι,
τῆς δουλείας τοῦ ἄλλοτρίου, ἠλευθέρωσας ὡς
εὐσπλαγχνος.

Sticheron 6.

Lady and the Mother of our God, *
rejoice, O singular hope * and support of the
human race; * sanctuary, O rejoice; * sacred
lampstand of light, rejoice; * glittering palace
of God the King, rejoice; * rejoice, O lantern,
bearing the holy light; * rejoice, O undefiled
* glory of virginity; again rejoice, * fount that
gushes healings for * all those who come to
you.

Mode pl. 4.

Thursday

Sticheron 1.

Lord our God, You illuminated the
Apostles * with the brightness of the Paraclete,
* and set them as luminaries brightly *
illuminating the entire world * with the
intelligible light, * O Master, of the knowledge
of You; * and for this reason do we worship *
Your immeas'urable benevolence.

Sticheron 2.

Lord our God, by the Apostles'
intercessions, * setting a wall round about
Your flock, * You preserve it unagitated *
by disturbances from enemies; * for with
Your own precious blood, * O Savior, having
ransomed it, * being compassionate, You freed
it * from its bondage to the hostile foe.

Στιχηρὸν Γ'.

ᾠφθητε, ἐν τῷ διαδήματι Χριστοῦ,
τῆς Ἐκκλησίας, ὡς τίμιοι, λίθοι διαυγεῖς
λαμπηδόνας, τῇ οἰκουμένη ἀστράπτοντες,
θεογνωσίας τὸ φῶς, Ἀπόστολοι μακάριοι,
τῆς Τριάδος παραστάται, καὶ πρεσβευταὶ τῶν
ψυχῶν ἡμῶν.

Στιχηρὸν Δ'.

Κύριε, σὺ τοῦ Ἱεράρχου ταῖς θείαις,
πανευπροσδέκτοις δεήσεσιν, ἐκ παντὸς
κινδύνου καὶ πάσης, ἐλευθέρωσον κακώσεως,
καὶ ἐπηρείας κακῶν, τοὺς δούλους σου
Φιλάνθρωπε, τοὺς ἐν πίστει προσκυνοῦντας,
σοῦ τὸ κράτος τὸ ἀνείκαστον.

Στιχηρὸν Ε'.

Κύριε, σὺ τὸν Ἱεράρχην ἐν κόσμῳ, ὡς
εὐωδία ἀνέδειξας· πάντων γὰρ πιστῶν τὰς
καρδίας, εὐωδιάζει νῦν τοῖς θαύμασι, νόσους
καὶ πάθη ψυχῶν, διώκων τῇ σῇ χάριτι, οὗ ταῖς
πρεσβείαις, ὡς Οἰκτίρμων, τοὺς ὑμνοῦντάς σε
περίσῳζε.

Στιχηρὸν Ϛ'.

Κύριε, σὺ τὸν σὸν σεπτὸν Ἱεράρχην, ἐν
τοῖς πέρασιν ἐδόξασας, δοὺς αὐτῷ θαυμάτων
τὴν χάριν, καὶ ὑπέρμαχον ἀνέδειξας, τῶν ἐν
κινδύνοις δεινοῖς, καὶ θλίψεων κακώσεσι,
περιπυπτόντων καὶ αἰτούντων, τούτου ἀεὶ τὴν
ἀντίληψιν.

ᾠχος πλ. δ'.

Παρασκευὴ

Στιχηρὸν Α'.

Λαὸς ὁ ἀνομώτατος, μέσον κατέκρινεν
ἀνόμων, Ἰησοῦ μου σταυρωθῆναί σε, τὸν

Sticheron 3.

Sticheron 4.

Lord our God, hearing the divine
supplications * which are at all times
acceptable * to You, of the Hierarch, deliver
* us Your servants from adversities, * perils
and hardships and all * calamities, O Lover
of man; * for we faithfully worship * Your
ineffable omnipotence.

Sticheron 5.

Sticheron 6.

Mode pl. 4.

Friday

Sticheron 1.

That lawless people sentenced You, Who
were the Lord and the Creator * of all the

Κύριον καὶ κτίστην τοῦ παντὸς κόσμου, καὶ
ὀρῶσα τὸ τόλμημα, ἡ γῆ ἐσείετο ἅπασα,
πάντων ποιητὴν σε, δεικνύουσα Δέσποτα.

Στιχηρὸν Β΄.

Νόμου κατάρας ἅπαντες, λυτρούμεθα
καὶ ἐγκλημάτων· ὁ γὰρ νόμου πέλων Κύριος,
ἀνυψώθη ἐν τῷ Σταυρῷ τῷ τιμίῳ, εὐλογίαν
πηγάζων ἀνελλιπῇ, καὶ χάριν καὶ ἔλεος, ἡμῖν
τοῖς ὑμνοῦσιν αὐτοῦ, τὰ θεῖα παθήματα.

Στιχηρὸν Γ΄.

Ίατρευσας φιλάνθρωπε, πληγὰς ἡμῶν,
πληγεῖς τὰς χεῖρας, πρὸς ὁδοὺς δὲ βαίνειν
Κύριε, σωτηρίους κατεύθυνας πάντας,
πόδας σου ὀρυχθεῖς ἐπὶ Σταυροῦ, οὓς πάλαι
ὁ πρωτόπλαστος, ἐν Παραδείσῳ, ἰδὼν
κατεκρύπτετο.

Στιχηρὸν Δ΄.

Χαῖρε Θεοτόκε Δέσποινα, χαῖρε τὸ
σκῆπτρον Δαυΐδ· χαῖρε πύλη οὐράνι· χαῖρε
βάτε ἀφλεκτε· χαῖρε ὄρος κατάσκιον· χαῖρε
λυχνία· χαῖρε Πανάχραντε· χαῖρε ἡ στάμνος·
χαῖρε παλάτιον· χαῖρε πανάμωμε, Μήτηρ τοῦ
Θεοῦ ἡμῶν· χαῖρε λαβίς· χαῖρε θεία τράπεζα·
χαῖρε τοῦ κόσμου ἐλπίς.

Στιχηρὸν Ε΄.

Ἀμαρτιῶν μου τὰ κύματα, ὡς ἐν πελάγει
δεινῷ, ὑπεράνω ὑψούμενα, κεφαλῆς ποντίζειν
με, κατεπείγουσι Δέσποινα, ἀλλ' ἔκτεινόν

world, to be crucified * in the midst of the
outlaws, O my Jesus. * And the earth, when
it saw the effrontery, * altogether shook with
fear, * thus witnessing, O Master, * that You
were the Maker of all.

Sticheron 2.

From the curse of the law and from our
sins are we all now delivered, * for the Lord
and giver of the Law * was lifted up upon
the Cross we now honor. * He pours out a
blessing that never abates, * and mercy and
His grace, * unto us who laud Him, * extolling
His sufferings.

Sticheron 3.

Sticheron 4.

Lady Theotokos, O rejoice; * scepter of
David, rejoice; * O celestial gate, rejoice;
* unconsumed bush, rejoice; * mountain
shady and dense, rejoice; * rejoice, O
lampstand; rejoice, O golden urn; * rejoice, O
palace; rejoice, all-blameless one; * rejoice,
immaculate * Mother of our God; rejoice, O
tongs; rejoice, * holy table; and the hope * of
all the world, rejoice!

Sticheron 5.

μοι, χεῖρα ὡς Πέτρῳ πρίν, βυθιζομένῳ, καὶ εἰς
λιμένα με, σῶν, ὁδήγησον, μετανοίας δέομαι,
Μήτηρ Θεοῦ, ἄχραντε πανύμνητε, ἐλπίς τοῦ
κόσμου παντός.

Στιχηρὸν Σ'.

Ἐσκοτισμένος τοῖς πάθεσι, τῆς ἀμαρτίας
δαινῶς, εἰς κρημνὸν ἀπογνώσεως, σπεύδω
ὁ ταλαίπωρος, ἐμπεσεῖν, σύ με οἴκτειρον,
εὐλογημένη θεοχαρίτωτε, λάμψον μοι φέγγος,
τῆς εὐσπλαγχνίας σου, καὶ ἐφοδήγησον, εἰς
ὁδοὺς εὐθείας με, παρακαλῶ, Πάναγνε καὶ
δέομαι· Μὴ ὑπερίδης με.

Ῥχος πλ. δ'.

Σάββατον

Στιχηρὸν Α'.

Μάρτυρες Κυρίου, ἱκετεύσατε τὸν Θεὸν
ἡμῶν, καὶ αἰτήσασθε ταῖς ψυχαῖς ἡμῶν,
πληθος οἰκτιρμῶν, καὶ τὸν ἰλασμόν, τῶν
πολλῶν παραπτωμάτων δεόμεθα.

Στιχηρὸν Β'.

Οἱ Μάρτυρές σου Κύριε, ἐπιλαθόμενοι
τῶν ἐν τῷ βίῳ, καταφρονήσαντες καὶ τῶν
βασάνων, διὰ τὴν μέλλουσαν ζωὴν, ταύτης
κληρονόμοι ἀνεδείχθησαν· ὅθεν καὶ Ἀγγέλοις
συναγάλλονται. Αὐτῶν ταῖς ἱκεσίαις, δώρησαι
τῷ λαῷ σου, τὸ μέγα ἔλεος.

Στιχηρὸν Γ'.

Εἴ τις ἀρετὴ, καὶ εἴ τις ἔπαινος, πρέπει
τοῖς Ἀγίοις· ξίφεσι γὰρ ἔκλιναν τοὺς αὐχένας,
διὰ σὲ τὸν κλίναντα οὐρανοὺς καὶ καταβάντα,
ἐξέχεαν τὸ αἷμα αὐτῶν, διὰ σὲ τὸν κενώσαντα
ἑαυτὸν, καὶ μορφὴν δούλου λαβόντα,

Sticheron 6.

Mode pl. 4.

Saturday

Sticheron 1.

Martyrs of the Lord, we pray you earnestly
entreat our God, and ask for an abundance of
tender mercy for our souls, and the forgiveness
of our many sins.

Sticheron 2.

Your martyr Saints, O Lord, having
become oblivious to life's endeavors * even
disdaining the tormenting tortures all for the
life which is to come, * came to be regarded
its inheritors. * Therefore they exult with the
angelic hosts. * Bestow upon Your people
great mercy, at the fervent appeals of these
Your Saints.

Sticheron 3.

If there be virtue and if there be praise, it
is fitting for the Martyrs; for they bowed their
necks to the broadsword for You who bowed
the heavens and descended. They spilled their
blood for You who emptied yourself and took

ἐταπεινώθησαν ἕως θανάτου, τὴν πτωχείαν σου μιμούμενοι. Ὡν ταῖς εὐχαῖς, κατὰ τὸ πλῆθος τῶν οἰκτιρμῶν σου, ὁ Θεὸς ἐλέησον ἡμᾶς.

Στιχηρὸν Δ'.

Δένδρῳ ἀκάρπῳ ὁμοίωμαι, σχῆμα ὡς φύλλα κενά, περικείμενος ἅγιον, καὶ πτοοῦμαι Δέσποτα, μὴ ἐκκόψας ἐκπέμψης με, εἰς πῦρ τὸ ἄσβεστον καὶ αἰώνιον· ἀλλὰ παράσχου, ἐπιστροφῆς μοι καιρόν, ὅπως ἐνέγκω σοι, ἐναρέτων πράξεων, καρπὸν καλόν, καὶ ἀξιωθῆσωμαι τῆς βασιλείας σου.

Στιχηρὸν Ε'.

Κύριε, εὐσπλαγχνε Κύριε, τὸν σὸν οἰκέτην ἐμέ, τὸν πολλὰ παροργίζοντα, τὴν σὴν ἀγαθότητα, καθ' ἐκάστην φιλάνθρωπε, μὴ ἀπορρίψης τοῦ σοῦ προσώπου Χριστέ, μηδὲ παιδεύσης, τῇ σῇ δικαίᾳ ὀργῇ, ἡμαρτον, ἡμαρτον, ὡς οὐδεὶς σοι ἕτερος, ὁμολογῶ, οἵκτειρον καὶ σῶσόν με, τῆς σῆς Μητρὸς προσευχαῖς.

Στιχηρὸν Ϛ'.

Ὅταν καθίσσης ἐν δόξῃ σου, ὡς Βασιλεὺς τοῦ παντός, ἐπὶ θρόνου τῆς κρίσεως, παρεστώτων φόβῳ σοι, τῶν ἁγίων Ἀγγέλων σου, καὶ παραστῇ σοι, ἡ φύσις ἅπασα, κριθησομένη, ἡ τῶν ἀνθρώπων Χριστέ, τότε δεήσεσι, τῆς Μητρὸς σου Κύριε, ἀπὸ πασῶν, ῥῦσαι τῶν κολάσεων, τοὺς κοιμηθέντας πιστῶς.

the form of a servant; and they let themselves be humbled, even unto death, in imitation of Your poverty. So, according to the multitude of Your tender mercies, through their prayers, O God, have mercy on us.

Sticheron 4.

I have become like the barren tree, * wearing as valueless leaves * a demeanor of holiness; * and I am afraid, O Lord, * lest You chop me and send me away * to inextinguishable eternal fire. * But grant me, rather, a season to repent, * so that I may bring forth * unto You the good fruits of virtuous deeds, * and so that I might attain * unto Your heavenly realm.

Sticheron 5.

Sticheron 6.